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new chapter of
brilliance and
resilience.

⚡MENOPOWER

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MenoPower Eliminating Gender Bias in the Workplace

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2nd Story Title:

How My Manager's Support Changed My Experience with Menopause Background Information

Background Information

Age range: 45-50

Country/region: Lithuania

Employment sector or life context: Healthcare (Nurse)

Stage of menopause: Perimenopause

Personal story

My journey with perimenopause began at 47, marked by irregular periods, mood swings, and overwhelming fatigue. Working 12-hour shifts as a nurse, I found it increasingly hard to keep up with the physical and emotional demands of my job. I worried about making mistakes and felt guilty for snapping at colleagues during stressful moments.

What made a difference was the support I received from my manager. When I confided in her about my symptoms, she listened without judgment and offered practical solutions. She adjusted my schedule to avoid back-to-back night shifts, arranged for more frequent breaks, and encouraged me to join the hospital's wellness program. Knowing that my manager understood and cared lifted a huge weight off my shoulders.

I also explored coping strategies like mindfulness meditation and regular exercise, which helped me manage stress and improve my sleep. The combination of workplace support and self-care allowed me to regain my confidence and continue providing quality care to my patients.

The turning point came when I participated in a staff workshop about menopause. Sharing my experiences and hearing others' stories made me realize the importance of advocating for myself and others. I now mentor younger nurses and speak openly about menopause, hoping to create a more supportive environment for all.

Key takeaways

- Managerial support can transform the menopause experience at work.
- Open communication leads to practical solutions and reduces stress.
- Self - care strategies are essential for managing symptoms.
- Peer education and advocacy foster a more inclusive workplace.

Reflections/Message to others:

Quote: "Don't suffer in silence. Reach out, share your story, and remember—support is out there, and you deserve it."



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