

# Cognitive Behavioural Therapy for Menopause

## What does this course cover?

This is a six-session course which aims to help you to understand more about the link between menopause and anxiety and depression and how Cognitive Behavioural Therapy can manage symptoms of menopause including depression and anxiety.

## How can CBT help me?

CBT helps us to understand the link between how we feel, think and act. On this course, you will learn practical skills to feel better now and in the future.



## Session topics

- Understanding menopause
- Symptoms of anxiety and depression
- Planning activities and rest
- Exercise
- Managing worries
- Negative thoughts and thought challenging
- Managing stress and anger
- Maintaining progress

## Frequently asked questions



### **I'm anxious about turning my camera on or speaking**

We understand that speaking on an online course or turning on your camera can be a source of anxiety.

You do not need to turn your camera on during this course on Microsoft Teams. The facilitators will discuss this at the beginning of the course.

### **What if I can't make a session?**

Please call us as soon as possible to let us know that you won't be able to attend.