

# ted's TOP 5 TIPS FOR SUPPORTING COLLEAGUES & friends!

Perhaps you're not experiencing peri-menopause or menopause yourself, but it's likely that you will, at some stage, at least know someone going through it. You can support them by...

1

## **Taking an interest, being informed, and talking about the menopause and peri-menopause, without embarrassment.**

There's lots in the media about the subject right now – so you can mention tv programmes you watched, news articles you saw etc and comment on them. Making the subject a topic of conversation on a general level shows you're informed, interested and comfortable to talk further.

2

## **Genuinely asking how they are.**

Not in an everyday way that elicits the standard 'I'm fine'. Take notice of their body language, tone of voice, manner and behaviour. If they seem distracted, down, upset, irritable, anxious, tired etc – ask them genuinely how they are, and really listen to their response.

3

## **Being a good listener.**

That means actively listening, not just waiting to respond. Show someone you're listening by making eye contact, nodding, and asking appropriate questions about what they're sharing, so they feel they can talk more.

4

## **Demonstrating empathy.**

You can't know exactly how they're feeling (even if you have experienced something similar yourself) – because we are all individuals. But you can show someone you have understanding of how their experiences are affecting them by listening without judgement, and acknowledging their feelings.

5

## **Asking what you can do to help.**

There may be something practical you can do, or it might be that they'd just really appreciate you taking the time to check in. Know your boundaries and when to suggest they should seek professional support.

