



# SUPPORTING TEACHERS UNDERGOING MENOPAUSE

## PROVIDE COMFORT



1. Temperature Control: Ensure classrooms and staff rooms have adjustable temperature controls to help manage hot flashes.
2. Breaks: Allow flexible break times for teachers to rest or cool down when needed.



## WORKPLACE FLEXIBILITY

1. Flexible timetabling: Allow for adaptable working hours or part-time positions if required.
2. Remote Work Options: Provide opportunities for remote work when necessary to accommodate health needs.



## CREATING A SUPPORTIVE CULTURE

Empathy and Respect: Always approach the topic with empathy and respect. Every individual's experience is different.



## MENTAL HEALTH SUPPORT



1. Counselling Services: Offer access to counselling or mental health support for those experiencing mood swings or emotional stress.
2. Peer Support Groups: Establish groups where teachers can share experiences and advice.



## CREATE AWARENESS



1. Workshops: Organize informational sessions to educate staff and students about menopause.
2. Open Discussions: Encourage open conversations to foster understanding and reduce stigma.



## SPEND TIME WITH YOUR LOVED ONES

Spending time with people you care about will give you a feeling of happiness