

Online menopause programme

The 5-week Right Steps course includes the following modules*

- ♡ **Welcome:** Setting out what you will learn, and how it works
- ♡ **Session 1:** Menopause overview
- ♡ **Session 2:** Identifying triggers. Stress & lifestyle, challenging thought, pacing activities, problem solving, relaxation & physical activity
- ♡ **Session 3:** Managing hot flushes, managing thoughts and beliefs, managing behaviours, healthy activities
- ♡ **Session 4:** Managing night sweats, stressful thoughts about sleep, sleep stages, sleep needs, sleep hygiene, tackling worries
- ♡ **Session 5:** Maintaining gains, being kind to yourself, support networks, relaxation, mindfulness & physical activity

*First and last sessions include GAD, PHQ, WSMS & goals. Every weekly session includes a daily diary, menopause check in, hot flush rating scale & a "how am I doing" to track progress.

