



Psychology Week 2024

13th - 19th May

Pathways to Peace and Wellbeing

When Navigating Perimenopause

1. Keep friendships going

Sharing your experiences within friendships can offer solace and valuable insights.

2. Recognise symptoms and planning for some upheaval

Noticing cyclical symptoms and knowing your triggers can be helpful. Also planning and scheduling time out in advance to de-stress.

3. Recruit support that validates you

Talking to healthcare providers that will listen and understand you. Learning more about perimenopause together with loved ones.

4. Record and reflect on feelings

Having a paper or electronic diary to track moods and thoughts can provide helpful information.

5. Reframe the rage

Experiencing outbreaks of rage can be distressing. Seeing this as part of a transition to a more assertive womanhood can feel more positive.

These strategies were informed by research conducted by Sarah Riley and Siobhan Healy-Cullen from Massey University with women and non-binary people in perimenopause. To read their stories scan the QR code.



Find out more local and online events at:
psychology.org.nz/public/psychology-week