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Tips from the
**Divorce Support
Club**

Divorce and the
menopause

1 Everyone is **different**

There are so many symptoms of the menopause. Everyone will experience going through menopause incredibly differently. It's important to know what symptoms to look out for.



- Fatigue
- Night sweats
- Hot flushes
- Migraines/headaches
- Dry eyes
- Skin irritation
- Urinary problems
- Weight changes
- Thinning hair
- Insomnia/sleep problems
- Forgetfulness/brain fog
- Anxiety/depression/mood swings
- Changes in libido (51% of women say that menopause impacts their sex life)
- Muscle pain/stiffness

Plus many more.

2 Deciding whether to divorce during menopause

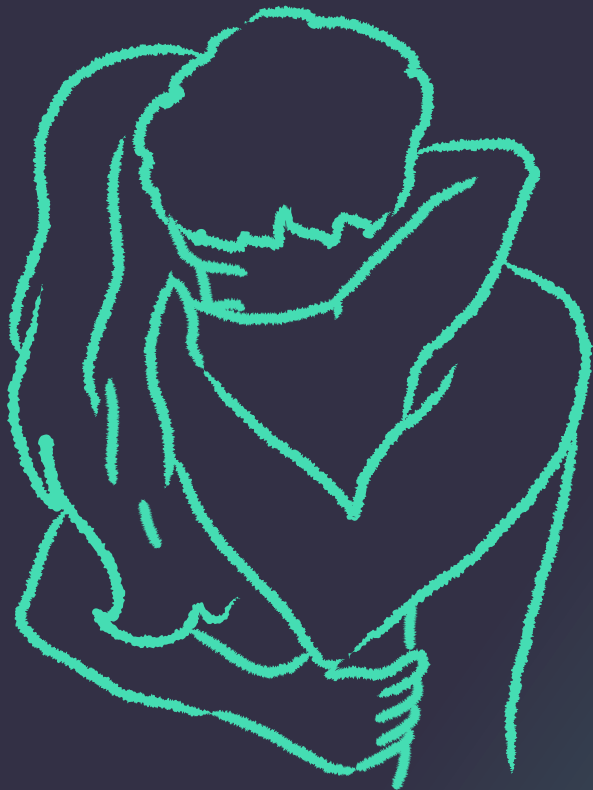
If you're thinking about divorcing and you're going through the menopause at the same time, you might be questioning if the menopause is impacting your decision.

- Ask yourself: Is menopause highlighting a fundamental issue in the relationship? Or is it a temporary issue that will pass?
- It's important to realise that you might need different support from different areas e.g. a coach or therapist, a solicitor, a doctor and perhaps a menopause expert.
- Don't make decisions too quickly. Discuss your thoughts and feelings with a coach or therapist if you can.



3 When your partner is going through menopause

Going through the menopause is obviously a challenging time for women, but we appreciate it can also be tough for their partners.



You may feel like your partner has changed towards you, or almost become a different person. Here are a few things you can do:

- Educate yourself on the menopause.
- Ask your partner questions. Be curious about how they're feeling and what they're going through.
- Try to be patient. Remember nothing going on is personal.
- Keep kindness and awareness at the forefront of your mind. Nobody has all of the answers!

4 Dealing with **divorce and menopause** at the same time

You may have ultimately decided that divorce is the right decision, but now you're dealing with your divorce and menopause all at once. How do you cope?

- Don't rush the process. Take your time to gather all the information that you need and make the right decisions for you.
- Stay out of court **if you can**. There are a number of alternatives to court such as Collaborative Law, Resolution Together and Mediation.
- Take it easy on yourself. Ask yourself everyday "what is the one thing I need to sort out today?", and go from there.



Resources

See below a list of resources that may be beneficial for you, or anyone you know that may be going through menopause.

NHS – [Conditions: Menopause](#)

Louise Newson – [Balance Website & App](#)

Simona Stokes – [Menopause CBT Clinic](#)

Davina McCall – [Menopausal](#)

Bryony Gordon - [Mad Woman](#)