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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.



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