

Menopause at work

Menopause can bring challenges in the workplace, impacting employee productivity and wellbeing.



1

Temperature regulation

Hot flashes and sweats can make temperature regulation difficult, often requiring layers, fans, or cool drinks.

2

"Brain fog"

Trouble concentrating, remembering details (like names or tasks), finding words, or learning new information can impact memory, focus, and decision-making.



3

Fatigue and sleep issues

Disrupted sleep patterns can lead to fatigue, irritability, and reduced productivity throughout the workday.

4

Mood and anxiety

Anxiety, mood swings, and reduced confidence can significantly impact interactions with colleagues and affect team dynamics.



5

Increased breaks

Frequent or unexpected restroom visits, migraines, and joint pain can impact mobility and productivity and necessitate frequent breaks.

Menopause impacts

Menopause symptoms can significantly affect employees, impacting their productivity, focus, mood, and physical well-being. Heavy or irregular periods, fatigue, migraines, and sleep issues can also increase absenteeism.

