



EAP Newsletter

SEPTEMBER 26

Women's Health

Understanding women's health, at every stage.

Women's health changes throughout life, and every stage can bring different experiences. Hormones can influence mood, sleep, energy, concentration and physical health, playing an important role in how we feel and function every day.

Knowing more about these changes can help women feel informed and confident about their health. It can also help partners, whānau, friends and colleagues better understand and support the women around them.

Hormones through the years

Hormonal health can look different at every stage of life:

- **Puberty | Usually 8-13 years**
Hormones trigger periods and other changes as the body matures.
- **Monthly cycles | Reproductive years**
Hormone levels naturally rise and fall throughout each menstrual cycle.
 - **PMS | Premenstrual Syndrome**
Physical and emotional symptoms that can occur before a period.
 - **PMDD | Premenstrual Dysphoric Disorder**
A more severe condition that can significantly affect mood and daily life.
- **Perimenopause | Often begins in the 40s**
The transition towards menopause, when periods may become irregular and new symptoms can appear.
- **Menopause | Usually 45-55 years**
Menopause is reached after 12 consecutive months without a menstrual period.
- **Post-menopause | After menopause**
This stage brings different health considerations, including bone, heart and long-term health.





Check in with yourself or those around you

Taking a little time to understand women's health can help notice changes and have more informed conversations about what they're experiencing.



Notice what's changing.
Pay attention to shifts in mood, sleep, energy or physical health.



Check in with the women around you. A thoughtful conversation can make it easier for someone to share what they're experiencing.



Listen without assumptions.
Women can experience hormonal changes very differently, so give people space to share their own experience.



Learn and talk about it.
Understanding hormonal health can make conversations at home and at work feel more comfortable.



Reach out when needed.
Talk to a health professional about your own concerns and encourage the women around you to seek support when they need it.



Join our live webinar

Women's hormonal health is a lifelong story

Wednesday 23 September | 12.00-12.45pm

Join Monica Barnes from Menopause and Wellness to explore women's hormonal health through different stages of life.

Everyone is welcome, whether you're joining for yourself or to better support the women around you.

Spaces are limited and this session won't be recorded.



Scan the QR to register.



Further support

The **WellbeingHub** offers a range of resources at your fingertips to support you and your team, anytime and anywhere.

Explore WellbeingHub - wellbeinghub.co.nz

We're here when you need us

Whether you're navigating change, looking for support, or simply want someone to talk to, we are here to help. Confidential support is available, **book an appointment online** at eap.habit.health by calling **0800 327 669** or by scanning the **QR code**



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