

# BEHAVIOURAL ACTIVATION

## Break Free from the Menopause Slump: The Power of Behavioural Activation

Menopause can be a challenging time, with fluctuating hormones often leading to low mood, fatigue, and a lack of motivation. It's easy to get stuck in a cycle of withdrawing from activities you once enjoyed, which can further worsen your mood. But there's a powerful technique that can help you break free from this slump: behavioral activation. Behavioral activation is a core principle of Cognitive Behavioral Therapy (CBT) that focuses on increasing engagement in positive and rewarding activities. It's based on the idea that your actions can directly influence your mood and overall well-being. By gradually reintroducing pleasurable activities into your routine, you can start to shift your mood, boost your energy levels, and regain a sense of control during menopause. How Does Behavioral Activation Work?

When you're feeling down or unmotivated, it's natural to want to withdraw and isolate yourself. However, this can often make things worse. Behavioral activation encourages you to do the opposite – to take action, even if you don't feel like it. By engaging in activities that bring you joy, satisfaction, or a sense of accomplishment, you can create a positive feedback loop that improves your mood and increases your motivation to do more.

### Here's how to get started with behavioural activation:

- Identify pleasurable activities: Think about activities you used to enjoy or things you've always wanted to try. Make a list of these activities, big and small.
- Start small: Choose one or two activities from your list and schedule them into your week. Start with small, manageable steps to avoid feeling overwhelmed.
- Track your mood: Keep track of your mood before, during, and after engaging in these activities. Notice how your mood changes as you become more active.
- Gradually increase activity: As you start to feel better, gradually increase the frequency and intensity of your activities.
- Be patient and persistent: It takes time and effort to change your behaviour patterns. Be patient with yourself and don't give up if you don't see results immediately.

### Examples of pleasurable activities:

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|------------------------------|--------------------------|
| • Spending time in nature    | • Learning something new |
| • Connecting with loved ones | • Listening to music     |
| • Engaging in hobbies        | • Reading                |
| • Exercising                 | • Volunteering           |

Behavioural activation can be a game-changer during menopause. By taking action and engaging in positive activities, you can break free from the menopause slump, boost your mood, and reclaim your vitality.