

5 WAYS TO TAKE CARE OF YOURSELF DURING MENOPAUSE



EAT WELL

Make sure to eat a variety of nutritious foods that provide your body with the necessary vitamins and minerals.

GET REGULAR EXERCISE

Just 30 minutes of walking every day can help boost your mood and improve your health.

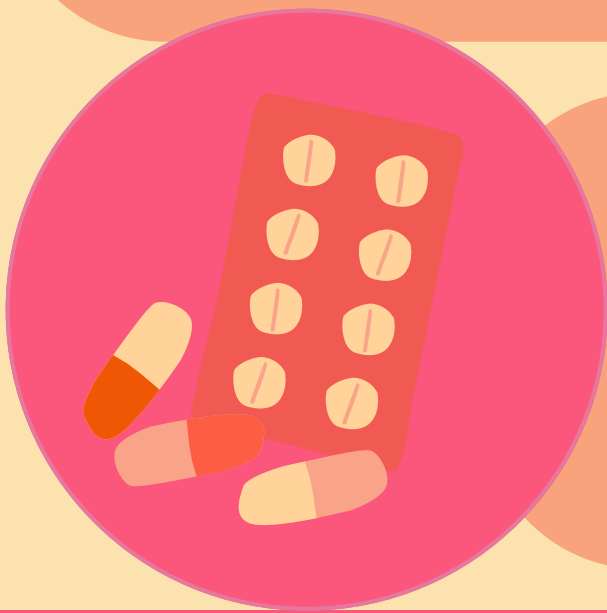


GET ENOUGH SLEEP

Aim for 7-9 hours of quality sleep each night. A good night's sleep is essential for your body's recovery and mental health.

MANAGE STRESS

Implement stress management techniques such as meditation, deep breathing exercises, yoga, or journaling.



GET MEDICAL HELP (HRT)

Replacing lost hormones via HRT—whether patches, gels, or pills—often lifts fatigue by improving sleep, mood, and vitality.

Remember, self-care is essential for maintaining your physical and mental well-being, and it's important to prioritize taking care of yourself in your daily routine.

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