

# EAP Newsletter AUGUST 25

## Let's Talk Women's Health

Kia ora.

Did you know that August 11-17 is Women's Health Week? Every stage of a woman's life brings its own physical, emotional, and hormonal changes. Many of these are deeply personal and can impact day-to-day wellbeing, relationships, and sometimes, performance at work.

Whether you are a woman, supporting someone going through these experiences or working alongside female colleagues, we're here to help you navigate some of the key health and wellbeing challenges women can face.

### Physical changes

Being in tune with your body and having regular check-ups can support early detection and better outcomes. Open, informed conversations with healthcare providers are key, especially as health guidelines continue to evolve.

### Hormonal changes

Hormones influence energy, mood, and mental focus throughout life.

### Fertility and pregnancy

Fertility challenges affect about 1 in 4 New Zealanders, often involving treatment, appointments, and emotional stress.

Pregnancy itself brings major physical changes, nausea, fatigue, musculoskeletal discomfort, and sleep disturbance. These can sometimes impact focus, attendance, and energy at work.

Postnatal recovery also requires time and support as people adjust physically and emotionally.

### Menstrual health

Hormonal shifts can affect energy, sleep, concentration and pain levels. For some, conditions like PMDD or endometriosis make these symptoms particularly severe, often interfering with daily routines and work life.

### Perimenopause and menopause

Perimenopause can begin as early as mid 30's, though it most commonly starts in the 40s causing hormonal fluctuations that last for several years. Common symptoms include:

- Irregular periods
- Bladder and/or bowel frequency or urgency
- Hot flushes and night sweats
- Joint and muscle pain
- Brain fog or memory lapses
- Weight gain
- Mood swings or anxiety

### Pelvic health

Conditions like menstrual disorders, prolapse, or incontinence are common but often under-reported. These can affect confidence, movement, and quality of life.

**Did you know?** A pelvic health physio can help with all sorts of issues, including vaginal pain, sexual dysfunction, postnatal rehabilitation and return to exercise as well as perimenopausal, menopausal, and postmenopausal pelvic health concerns.



## Easy Everyday Tips for Women's Health & Mind Wellness



**Schedule regular health checks**  
Early detection can help



**Prioritise sleep**  
Rest is crucial for hormonal regulation and emotional balance



**Hydrate often**  
Hormonal changes can cause fatigue and brain fog



**Take mindful pauses**  
Deep breathing, meditation, or simply unplugging for 5 minutes can reduce overwhelm



**Move daily**  
Even a short walk helps circulation, mood, and joint health

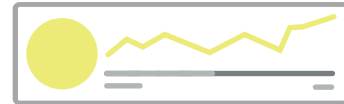


**Reach out**  
Whether it's an EAP counsellor, friend, or GP. Connection and support are powerful tools for wellbeing.

## Why It Matters

Women's health doesn't pause at the workplace door. It's carried into every day, every meeting and every interaction.

By creating awareness and making space for honest conversations around physical, hormonal and emotional changes we build inclusive, healthier workplaces for all.



**Complete our Women's Health Check List here**

**WOMEN'S HEALTH CHECK LIST**



We would like to acknowledge that although we use the term 'women' or 'female', we recognise individuals who identify as being other genders or gender neutral may also experience these challenges.



## Further support

### Going through perimenopause or menopause?

Sign into our **WellbeingHub**, to explore tips and resources.

Sign in at **wellbeinghub.co.nz**

Plus, you might be able to access our menopause support services through your workplace, just ask your employer.

## Our team are here to help

If you need more support, **book an appointment online** at **eapservices.co.nz** by calling **0800 327 669** or by scanning the **QR code**



**eapservices.co.nz**