

# Rightsteps

Rightsteps helps make workplaces tangibly safer, happier, and healthier

## Discover our Rightsteps Menopause CBT

In collaboration with Professor Myra Hunter, Clinical Health Psychologist at King's College, and a world renowned expert on menopause, we've developed an exclusive Cognitive Behavioural Therapy (CBT) solution for people experiencing problematic symptoms of the menopause, such as hot flushes and night sweats.

The 5-week course includes the following modules.

- **Welcome:** Setting out what you will learn, and how it works
- **Session 1:** Menopause overview
- **Session 2:** Identifying triggers. Stress & lifestyle, challenging thought, pacing activities, problem solving, relaxation & physical activity
- **Session 3:** Managing hot flushes, managing thoughts and beliefs, managing behaviours, healthy activities
- **Session 4:** Managing night sweats, stressful thoughts about sleep, sleep stages, sleep needs, sleep hygiene, tackling worries
- **Session 5:** Maintaining gains, being kind to yourself, support networks, relaxation, mindfulness & physical activity

The first and last sessions include GAD, PHQ, WSMS & goals. Every weekly session includes a daily diary, menopause check in, hot flush rating scale & a "how am I doing" to track progress.

