

Empower - Menopause and Cancer Survivorship Pathway

Losses arising from Menopause

Resources

ARC Cancer Support Centres provides a variety of [complimentary therapies and supports](#) to support you.

- ✚ Register to attend our virtual [weekly wellbeing classes](#) that include Stress Management and Mindfulness.
- ✚ Joining one of our monthly virtual support groups can be *a valuable support* in meeting with other women for shared experiences. The following are our women only groups and dates and times can be found [here](#).
 - ❖ Breast Cancer Support Group
 - ❖ Gynaecological Cancers Support Group
 - ❖ Over 50's Women Cancer Support Group
 - ❖ Under 50's Women Cancer Support Group
- ✚ When you talk with us at ARC Cancer Support Centres, you get to talk with someone about what is going on in your life. Our trained psychotherapists help clients to manage more effectively the many different types of worries and concerns that may arise. One to one session with a therapist can be in person in one of our three centres or appointments can be arranged remotely for phone call or video call, whatever suits you.
- ✚ Clients can avail of our in-person touch therapies in our centres in Dublin: Reflexology, Acupuncture, Manual Lymph Drainage.
- ✚ We host monthly virtual [specialist talks and workshops](#) that our clients find very beneficial, recordings of some are found on the Resources section of our [website](#).

To register for any support with ARC, or to find out more, please email us on info@arccancersupport.ie.

Answers for Cancer Podcasts

Oncology nurses Anne-Marie Fay & Michelle Matthews started a podcast in 2021 called '[Answers for Cancers](#)' to help people looking for answers after a cancer diagnosis. Anne-Marie and Michelle interview leading consultants to provide a better understanding of Cancer. There are now 32 podcasts in the series, several Gynaecological related topics including fertility. You can listen to the podcasts [here](#).

Body Image

This is a short webpage about increasing self-esteem as it relates to body image. It is from the North American Menopause Society and is linked from their page about cancer-induced menopause. It has information about why reduced self-esteem may result from menopause and practical tips on managing these feelings.

[Get Positive About Body Image | The North American Menopause Society, NAMS](#)

Fertility Loss

This website is specifically about dealing with loss of fertility that comes with menopause. It provides practical coping strategies such as maintaining a healthy diet and progressive relaxation exercises.

[Coping Strategies | Fertility Network \(fertilitynetworkuk.org\)](https://www.fertilitynetworkuk.org/)

Relaxation

As meditation and breathing exercises are encouraged to help cope with feelings of loss, the cancer council recommends listening to their relaxation podcasts. They have podcasts such as guided meditation and breathing exercises. Links to the podcasts can be found below.

<https://podcasts.apple.com/lc/podcast/finding-calm-during-cancer/id1558621064>

RAIN meditation

An introductory guided meditation which focuses on self-compassion and can be done at your own pace step-by-step or all at once. To help investigate and overcome our harsh inner voice.

<https://www.mindful.org/tara-brach-rain-mindfulness-practice/>

Exercises

Exercise is advised for women coping with feelings of menopause loss. The Cancer Council NSW has easy to follow exercises videos on their website.

[Exercise and Cancer | Cancer Council NSW](https://www.cancer.org.au/exercise-and-cancer/)

A summary of some different **cultural conceptualisations** of menopause:

<https://www.womenshealthnetwork.com/menopause-and-perimenopause/menopause-in-different-cultures/>