

FACT SHEET:

THE FIVE C'S



In a recent study conducted by Over The Bloody Moon, half of our sample said they felt **unsupported by their partner and family**, turning to their friends for support.

48%

FELT THEIR SEX LIFE AND RELATIONSHIP WITH THEIR PARTNER HAD BEEN NEGATIVELY IMPACTED WITH THE ONSET OF PERIMENOPAUSE

This fact sheet provides a few tips for anyone who knows someone finding their symptoms challenging:

CURIOSITY

If we ask a question, we receive feedback on how we can support and it shows we are interested and care.

COMPASSION

Respond skilfully, rather than react in haste. If someone is angry, address the cause beneath it. Reply with kindness in your voice.



COMPANIONSHIP

Find ways to spend enjoyable time together. This might be choosing a hobby you can do together, ending the day or a mealtime with a walk, looking back at photos that trigger happy memories.

CONNECTIONS

As libido for both partners may change, find different ways to express intimacy. The power of touch, hugging, and prolonged eye contact help strengthen bonds.

COMMUNICATION

Keep talking. Share what you are both feeling in a neutral way. Try to see things from their perspective and listen, using non-verbal communication to encourage the conversation to flow.