

HEALTH **AND** WELLNESS

SUMMIT



University of Colorado

Boulder | Colorado Springs | Denver | Anschutz Medical Campus

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I'm so glad you're here!



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HOLISTIC WELLBEING



PRACTICAL SELF-CARE for PERI/MENOPAUSETM

lifestyle wisdom for midlife transitions



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By the end of this session, you will:

- Understand the basics of perimenopause, menopause, and Ayurveda
- Learn how Ayurveda understands time, seasons, and life stages
- Assess your current imbalances through an Ayurvedic lens
- Understand how daily lifestyle principles can relieve or increase symptoms
- Apply Yogic and Ayurvedic tools and practices to relieve symptoms from common challenges



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ABOUT

- Integrative Yoga Therapist (MA, C-IAYT, ERYT500, YACEP)
- CU Buff (BA '02 History)
- Yoga + Meditation Teacher: Anschutz Health + Wellness Center

Lifestyle as holistic root-cause intervention

Lost 80 pounds through lifestyle changes

13 prescribed medications without coordinated care

Neurodevelopmental condition: 4-day art shows, 50,000 attendees

I teach women how to reclaim their health, time, and peace of mind



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What is Peri/Menopause?

Perimenopause

the 5 - 10ish years before the last 12 months without a period. Early to mid-40s, but can start in 30s

Menopause

the moment you pass 12 months without a period.
Average age in US: 51

Post-Menopause

the time after you reach menopause



**Current menopause definitions based on menses and ovarian biology.*

***Natural menopause, not associated with surgical menopause or other conditions. Menopause is neither a disease, nor an illness. It is a stage of life.*



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Womens' Health = Hormone Health

Estrogen

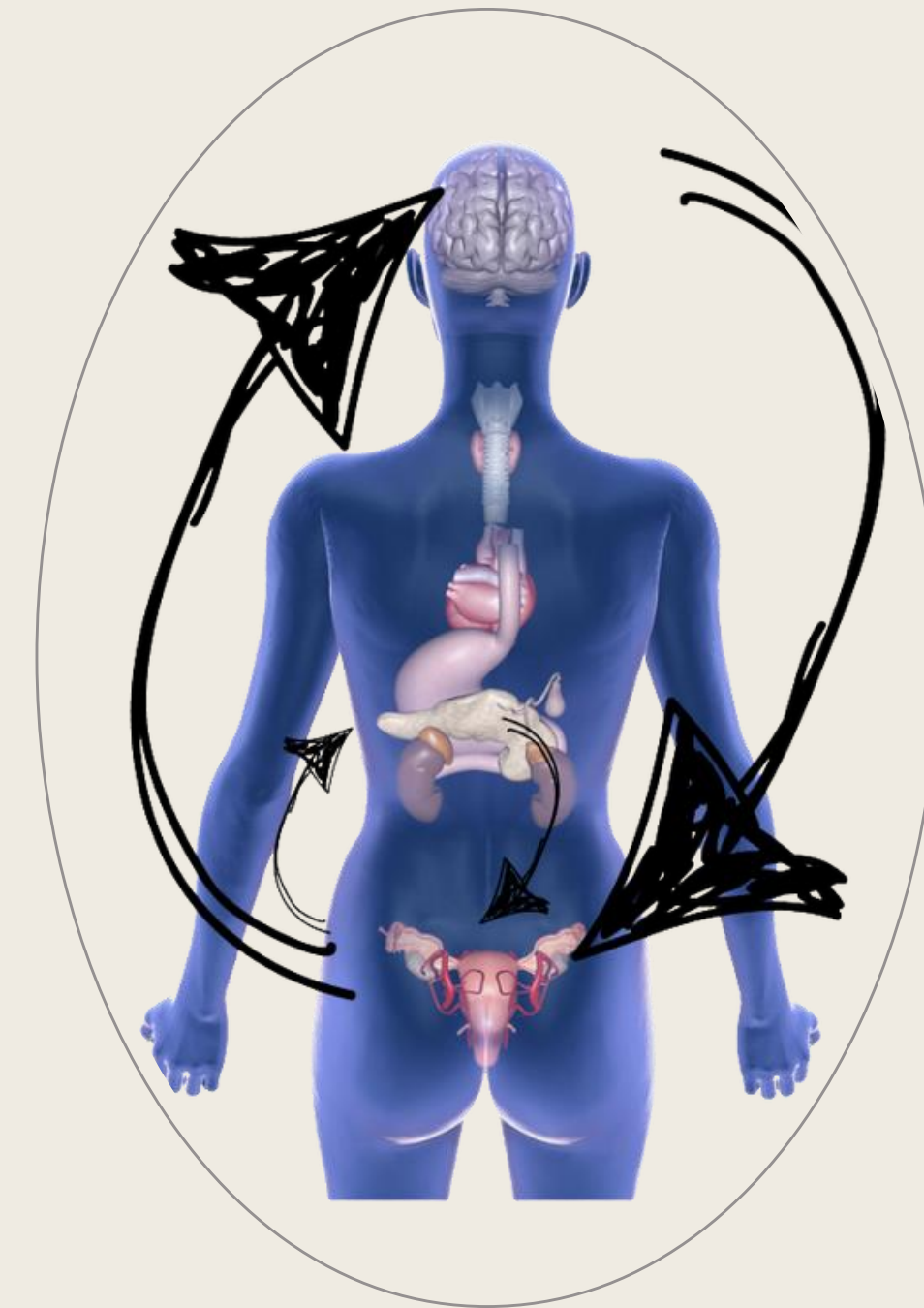
Receptors in nearly every tissue, including the brain
Fertility, menstrual cycle, heart + bone health, mood

Progesterone

Supports pregnancy; uterine lining sheds if no pregnancy

Testosterone

Regulates libido, mood, energy, sleep



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Womens' Health = Hormone Health

Pineal Gland

Releases:

Melatonin

→ sleep/wake cycle

→ responsible for endocrine + reproductive functions

Pituitary Gland

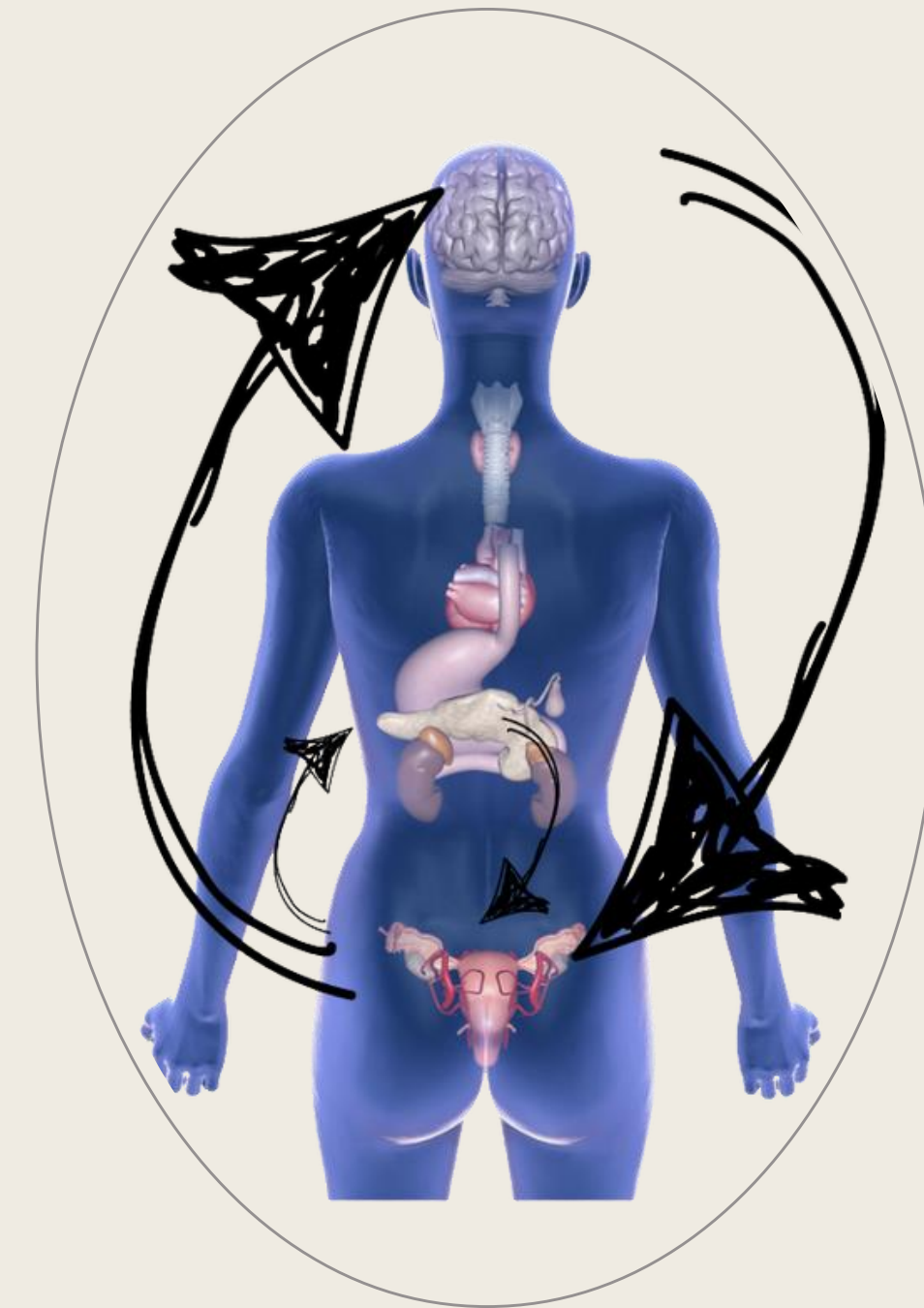
Releases:

Follicle Stimulating Hormone (FSH)

→ stimulates ovarian growth, promotes ovarian estrogen

Luteinizing hormone (LH)

→ triggers ovulation, promotes progesterone



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Womens' Health = Hormone Health

Increased FSH + LH

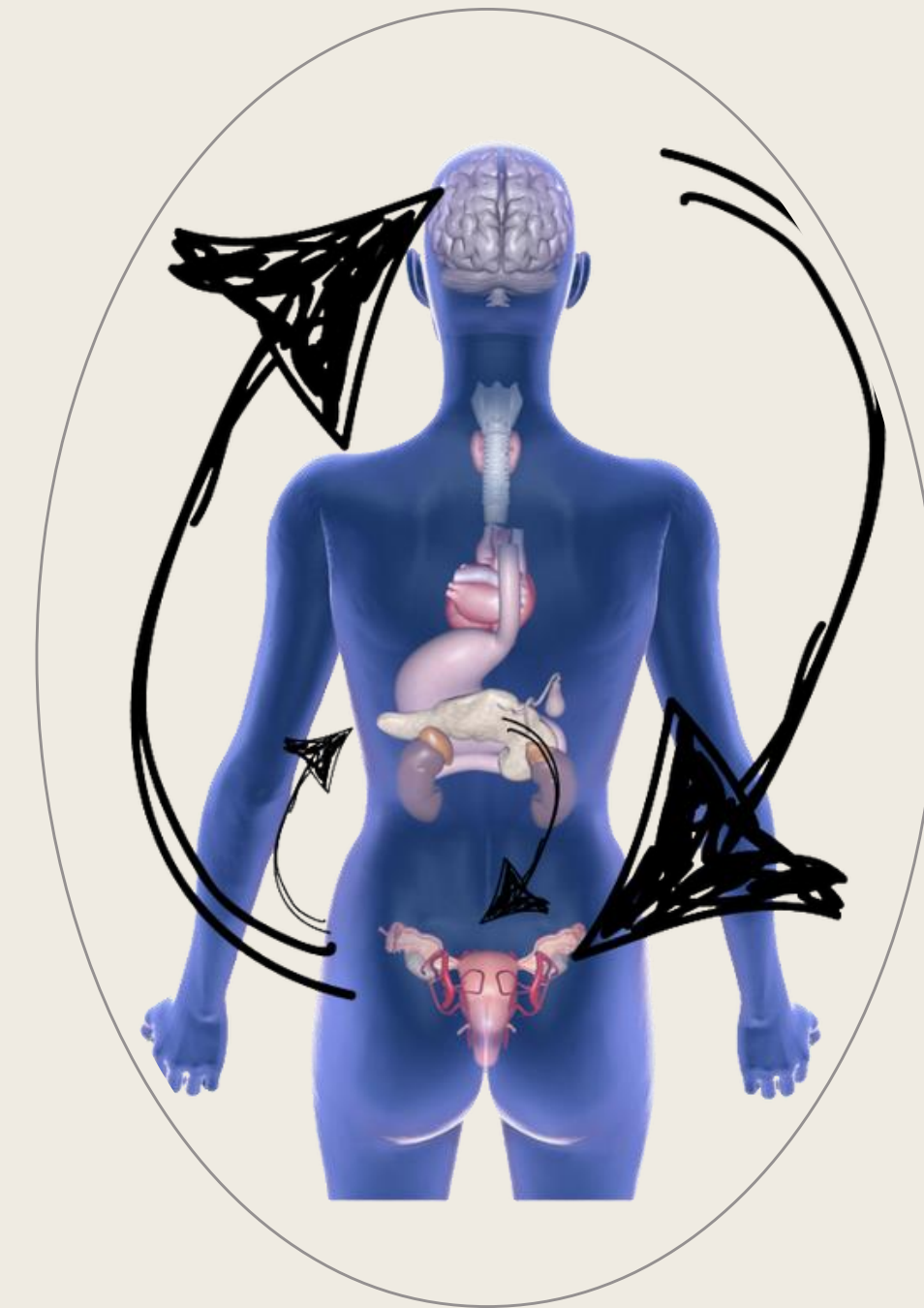
- reduced ovarian supply of hormones
- hypothalamic-pituitary-ovarian axis works harder to produce estrogen
- adrenal glands activate

Adrenaline

- produces lower-quality estrone
- becomes primary source of estrogen
- activates fight or flight (SNS)

Cortisol

- affected by less progesterone
- produced in response to stress



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Peri/menopause ≠ Symptoms

That said ... common symptoms of hormonal shifts include:

irregular menstrual cycles
headaches
weight gain
night sweats
hot flashes
skin dryness, itching, thinning
sore low back
stiff / sore joints
trouble falling/ staying asleep

mood swings: anxious, rage, depressive
low libido
dizziness
digestive issues
heart palpitations
breast pain
brain fog
fatigue
lower confidence, self esteem



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What is Ayurveda?

Common Definitions

- science of life
- Yoga's sister science

Etymology*

Ayu(sh)- : longevity, life

-Veda: wisdom

Vid - : to know, experiential understanding

**credit: Indu Arora*

Practical Definition

Lifestyle wisdom:

- Embodied, intuitive knowledge of rhythms + cycles



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What is Ayurveda?

5,000 year old Indian medical science, among the world's oldest medical systems of healing (along with TCM)

Core tenets:

We are a part of nature, and nature is a part of us

Like increases like: 🔥 + 🔥 = 🔥 🔥

❄️ + ❄️ = ❄️ ❄️
Opposites balance: 🔥 + ❄️ = ⚖️

Context is everything

What may work for you depends on many factors: medical history, lifestyle, stage of life, season, current imbalances, diet and digestion, and more



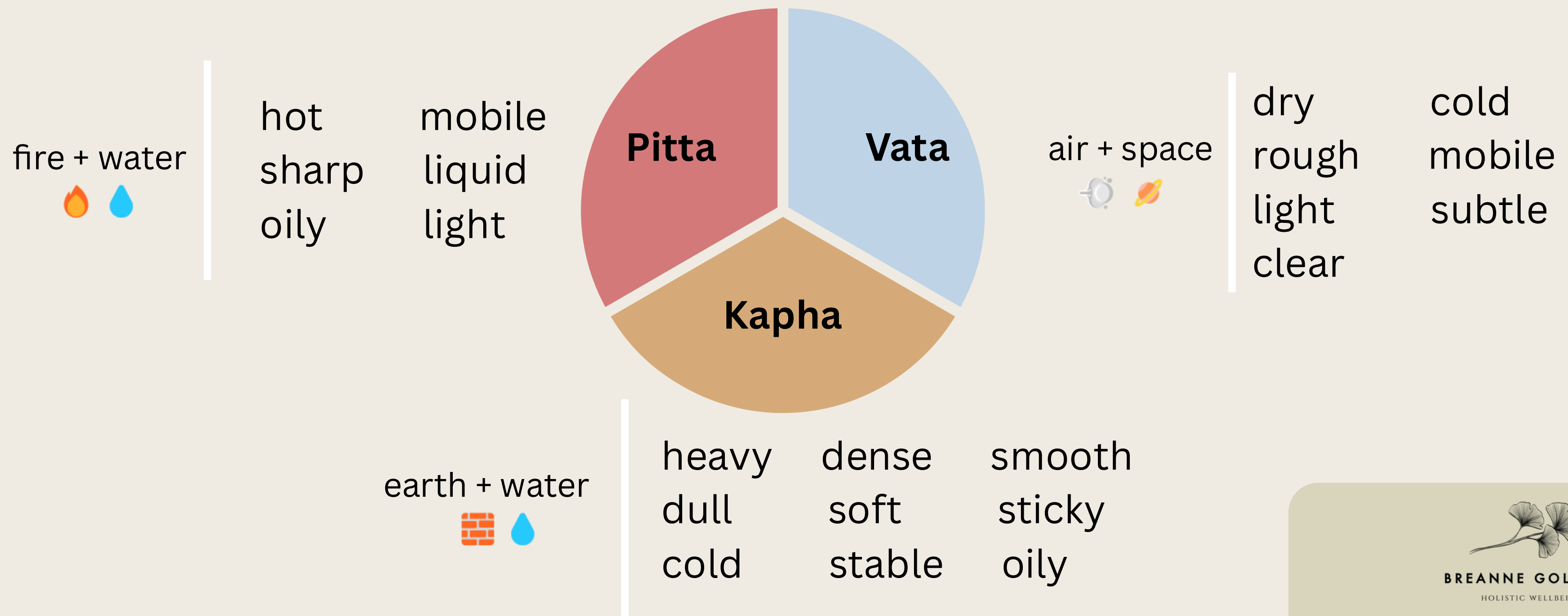
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What is Ayurveda?

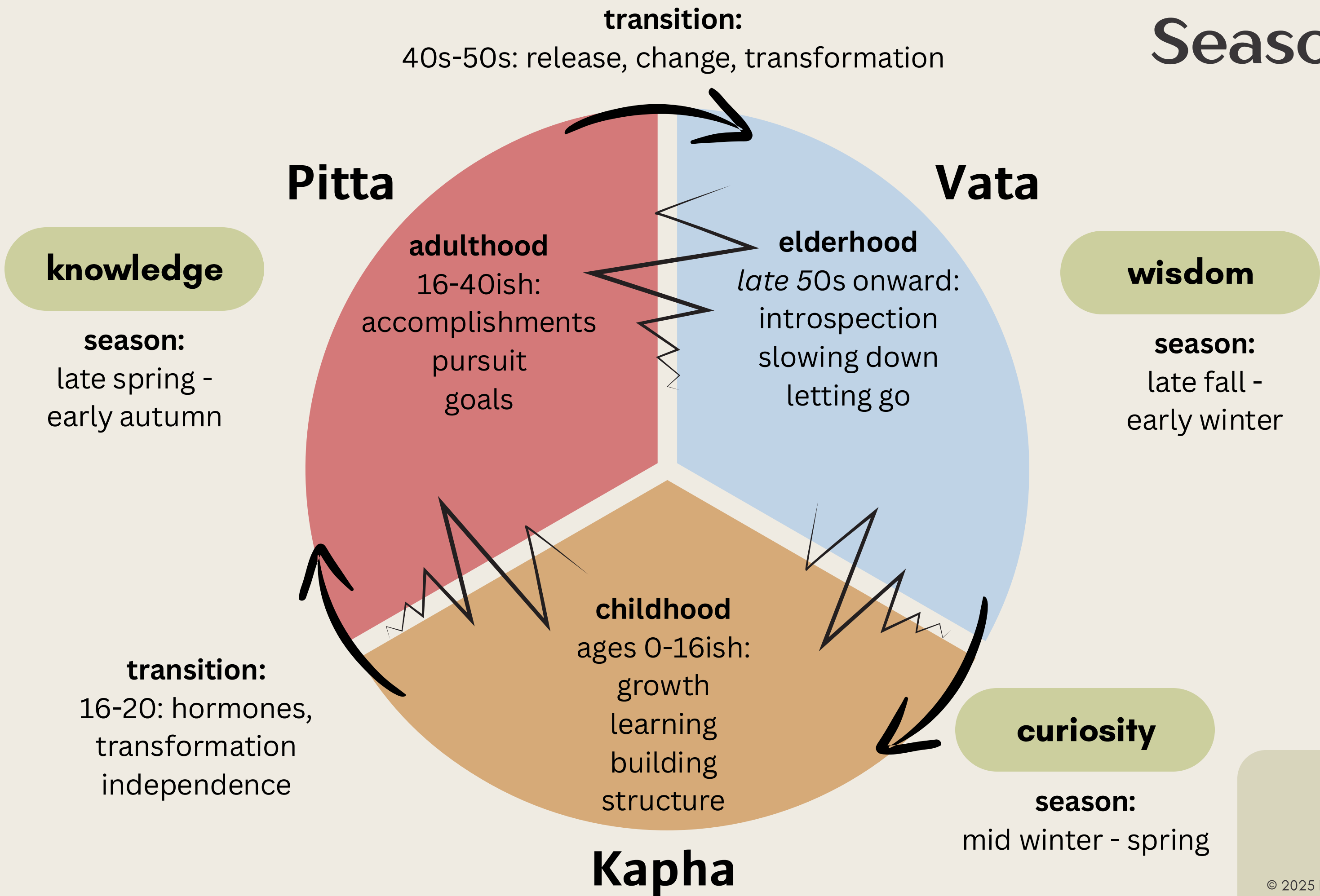
Dosha: combination of elements at birth: govern physiological + psychological functions

Gunas: 20 qualities of nature, everyday experiences, elements, mood, seasons, symptoms



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Seasons of Life



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Self-Assessment

Rate each symptom 0-3 (0=never, 1=occasionally, 2=frequently, 3=constantly)

Vata Symptoms

Brain fog _____
Variable appetite _____
Anxiety, worry, fear _____
Joint pain and stiffness _____
Insomnia or restless sleep _____
Constipation, bloating, gas _____
Dry skin, hair, vaginal tissues _____
Feeling cold, esp. hands / feet _____
Irregular, scanty, missed periods _____

Vata Total _____

Pitta Symptoms

Sensitive to heat _____
Sharp or burning pains _____
Inflammation and skin rashes _____
Acid reflux or digestive issues _____
Intense hot flashes, night sweats _____
Competitive, critical, judgmental _____
Irritability, anger, rage, impatience _____
Excessive hunger or strong cravings _____
Heavy, prolonged menstrual bleeding _____

Pitta Total _____

Kapha Symptoms

Slow digestion _____
Resistance to change _____
Feeling heavy or sluggish _____
Emotional eating patterns _____
Water retention and swelling _____
Congestion, mucus production _____
Weight gain, esp. at midsection _____
Excessive sleep but still feel tired _____
Depression, fatigue, low motivation _____

Kapha Total _____

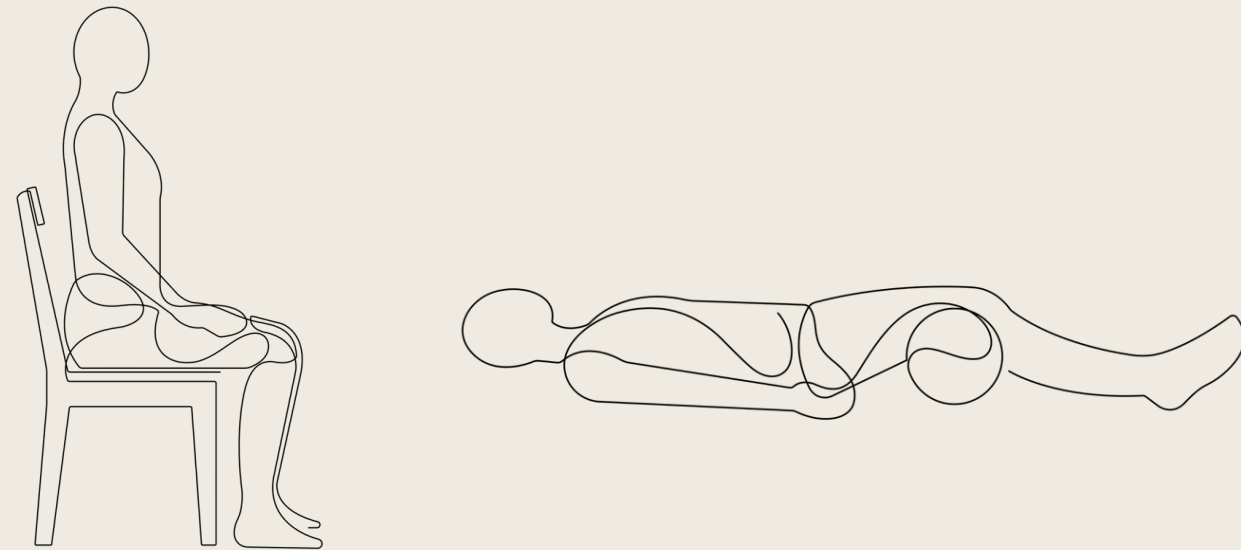


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Practice: Vata Symptom Relief

Insomnia + Restless Sleep

Grounding body scan



Anxiety, overwhelm, or brain fog

Samavritti pranayama

(balanced breath / heart coherence breath)



Balances vata: warmth, grounding, routine, predictability; slow, mindful hatha yoga

Imbalances vata: cold, overstimulation, multitasking; fast movements / fast vinyasa yoga



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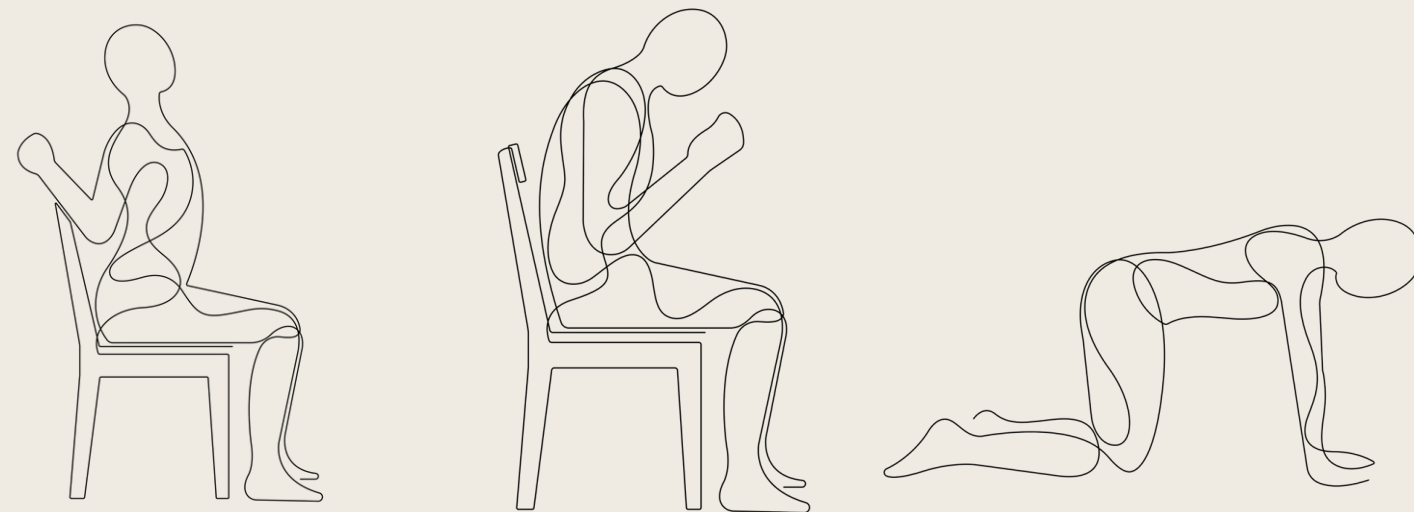
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Practice: Pitta Symptom Relief

Hot flashes/night sweats

Cat / Cow with cooling breath



Anger, rage, irritability

Prithvi Mudra (earth mudra)



Balances pitta: cooling, focus, slowing down, compassion; yin + restorative yoga

Imbalances pitta: heat, competition, rigidity, overwork; fast vinyasa or hot yoga



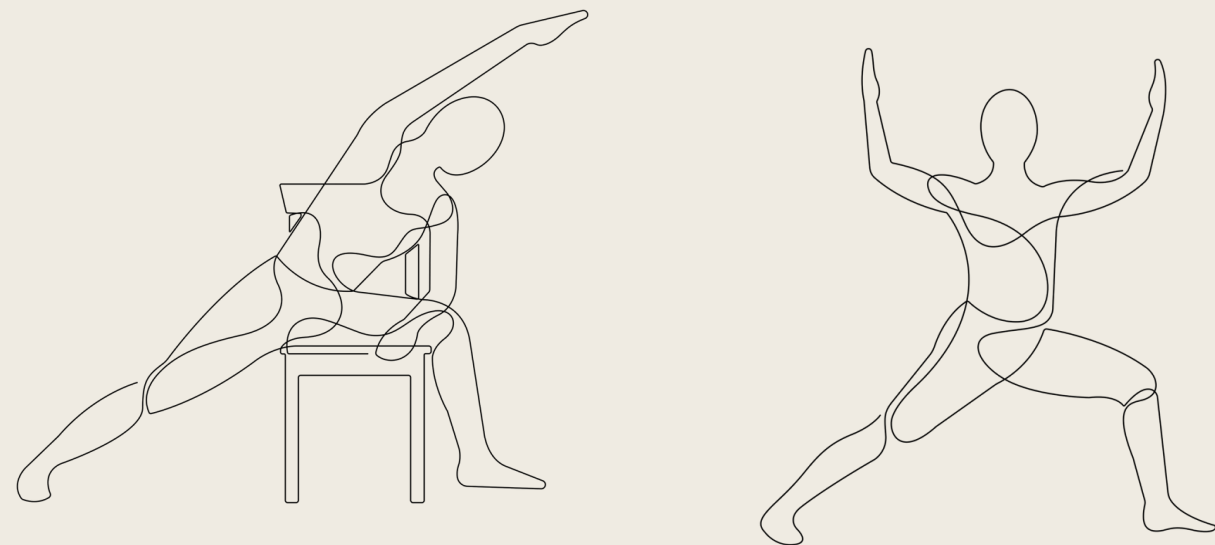
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Practice: Kapha Symptom Relief

Fatigue / lethargy

Warrior or extended side angle bend



Sadness / stuck / emotional heaviness

Padma Mudra (lotus gesture at heart)



Balances kapha: heat / warmth, energizing movements, light; hot yoga

Imbalances kapha: slow or static postures, cold, darkness; yin or restorative yoga



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Want More?



60-Second Stress Reset Toolkit

- ✓ less stress, pain, inflammation
- ✓ more calm, improved energy, better sleep
- ✓ SIMPLE + EFFECTIVE support for relief when you need it most



Chaos to Calm: Holiday Stress Reset

Sunday November 16
10-11:30am MST / Virtual
FREE
A Workshop for Women

Transform holiday stress into sustainable calm with practical tools you can use *immediately*

- Techniques that fit into busy days: grief, overwhelm, and protecting your boundaries
- Simple practices for nervous system balance
- Yoga nidra for deep rest and rejuvenation
- Replay access to practice throughout the holidays

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QUESTIONS COMMENTS FEEDBACK



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CU System:

[CU Advantage - Employee Perks \(system wide\)](#)

[advantage.cu.edu](#)

[CU Employee Services](#)

[www.cu.edu/employee-services](#)

CU Boulder:

[CU Boulder Health & Wellness Services](#)

[colorado.edu/health](#) CU Boulder Employee Wellness

[colorado.edu/health/WorkWell](#) CU Boulder Office of Institutional

Equity and Compliance (OIEC) [colorado.edu/oiec](#) CU Boulder

Benefits, Perks, and Resources [colorado.edu/hr/faculty-and-staff-](#)

[perks](#)

UCCS:

[UCCS Gallogly Recreation & Wellness Center](#)

[recwellness.uccs.edu](#) [UCCS HealthCircle Clinics](#)

[healthcircle.uccs.edu](#) [UCCS Lyda Hill Institute for Human](#)

Resilience [resilience.uccs.edu](#) [UCCS Office of Institutional Equity](#)

[equity.uccs.edu](#)

CU Denver:

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[Denver Counseling Center](#) [ucdenver.edu/counseling-center](#) [CU](#)

[Denver & Anschutz Office of Equity](#) [ucdenver.edu/offices/equity](#)

[CU Denver HR](#) [ucdenver.edu/offices/human-resources/current-](#)

[faculty-staff](#)

Anschutz:

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[medschool.cuanschutz.edu/health-and-wellness](#) [Anschutz Student](#)

[Health & Wellness](#) [www.cuanschutz.edu/student/health-wellness](#)

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CU Boulder Faculty and Staff: Connect with a Healthier U

Prioritize your well-being with WorkWell Connect!

- Unlimited, live health coaching
- On-demand fitness
- Meditation and mindfulness classes
- Recipes and meal plans
- Sleep stories
- Individual and team challenges



Apple



Android

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Take the survey

