

# Tips for Enhancing Your Sexual Self

## Menopause Transition X



There is no "normal" amount of sex you should be having



Psychological Factors



Environmental Factors



Your Relationship

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Decreases in sexual desire, confidence, and arousal are rarely just a physical problem. If we understand the psychophysiological mechanisms of arousal like an engine with a brake and an accelerator, changes in hormones during menopause transition might make that brake easier to access and the gas pedal harder to reach.



## Practice sexual self-care

- Do a deep dive into pleasure- what are the situational factors that contribute to the experience of pleasure?
- Explore any negative messaging you received around sex
- Address any vaginal changes with lubricants, moisturizers, topical hormone therapy, and/or dilators
- Do pelvic floor exercises to bring more blood flow and control to your genitals
- Address your confidence and joy around your sexual self: check out [this video](#).

## Consider your relationship

- Have you taken time to connect?
- Could your partner be dealing with issues affecting his/her/their sexuality
- Are you comfortable communicating with your partner about sexuality and pleasure?
- If the idea of connecting with your partner is unappealing, speaking with a relationship professional might shed some light on issues affecting intimacy.

## Tips for creating intimacy or satisfaction

Do something together that is relaxing and pleasurable without the pressure of it leading to sex. Taking a bath or shower together, massaging, gazing at each other and holding hands are excellent ways to connect.

If you take time for pleasure together, have an open mind when it comes to having an orgasm- consider mutual masturbation and using toys. If orgasm doesn't happen, don't see this as a failure!

Having a glass of wine together might help you relax and connect but keep in mind that alcohol can also make it harder for both men and women to climax

### Consider your environment

When lives are busy and there are other people living in the house it can be helpful to carve out an agreed upon time and space for relaxing, connecting and exploring pleasure with your partner.

Surrounding ourselves with sensual experiences- candles, warmth, aromatherapy, soft fabrics can ease tension and make more space for connection.

Keep in mind...pregnancy can occur right up to your last menstrual period!

