RYBL PODCAST COMPANION
EPISODE 323

What are some symptoms of perimenopause you have experienced that surprised you?

Why do you think some women might deny or downplay the signs and symptoms of perimenopause? What are your thoughts on ‘owning’ this phase of life vs. downplaying it?

Michelle mentions that having basic anatomical and physiological knowledge about your body change your perimenopause experience. How do you think education about perimenopause can positively impact individuals going through it?

How has your upbringing and your culture’s expectations of youth and fertility impacted the way you view menopause and aging, and your willingness to discuss it?

How do media and celebrities influence our perceptions of aging and menopause?

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How do you view the concept of freedom that comes with perimenopause? Do you think it's possible to embrace the changes in your body as liberating rather than distressing?

Jill compares perimenopause to the idea of a fresh start. Do you think viewing perimenopause as a new phase in life can be empowering? How does it change your perspective on aging?

Michelle and Jill discuss the choice to go gray and how it can be freeing. Have you ever made a similar choice that felt liberating or allowed you to challenge societal norms?

Michelle mentions the mental space freed up by not constantly focusing on shrinking bodies or seeking external validation. How do you feel about the mental and emotional liberation that can come with perimenopause?

The podcast touches on surgically induced or medically induced menopause. How might this type of menopause differ from natural menopause, both physically and emotionally?

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