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Presented by:
Berni Cooper
Nicole Border

Understanding the perimenopausal brain

Learning, Relationships and Wellbeing

www.fluxxco.com.au

We acknowledge the Traditional Owners of the
lands on which we meet today, the Turrbal,
Jagera and Quandamooka and pay our respects
to Elders past, present and emerging.





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TOOLS *for* CHANGE

We translate **psychological science** into practical tools for people and teams navigating change.
We do this through structured **learning programs, coaching and consulting.**

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- The perimenopausal brain
- Relational & 'noisy' changes
- Where this leaves us



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TRUE or **FALSE**

Hot flushes / flashes are the symptom women describe as the **most disruptive** part of perimenopause.



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**Perimenopause isn't just
physical.
It's *psychological* too.**

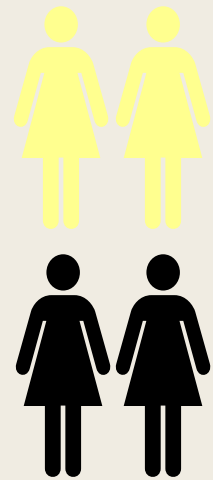
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Why are we talking about perimenopause?



83%

of women experiencing
perimenopause report
impacts at work



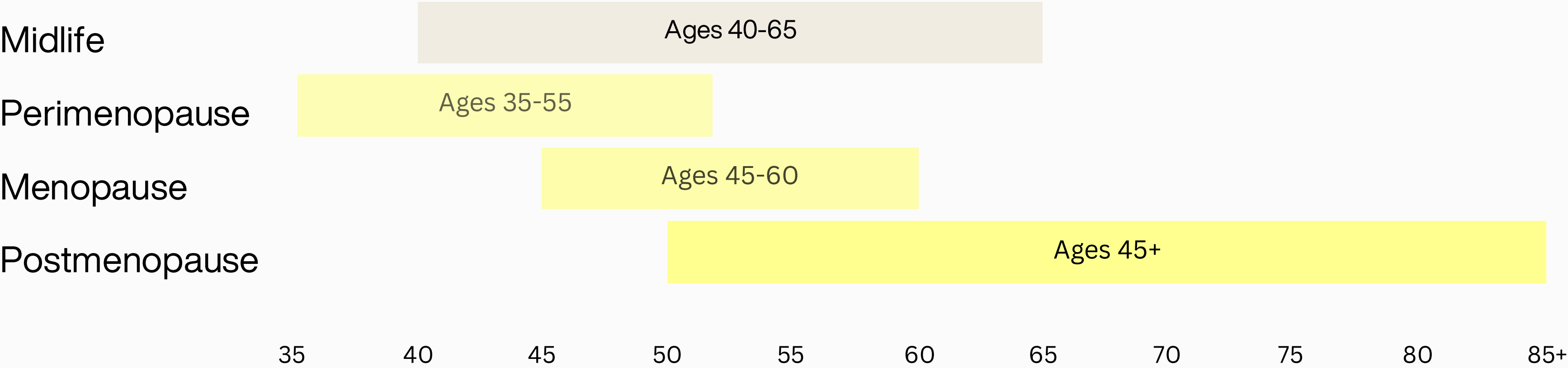
53%

of Australian teachers
are aged 40-59



The stages at a glance

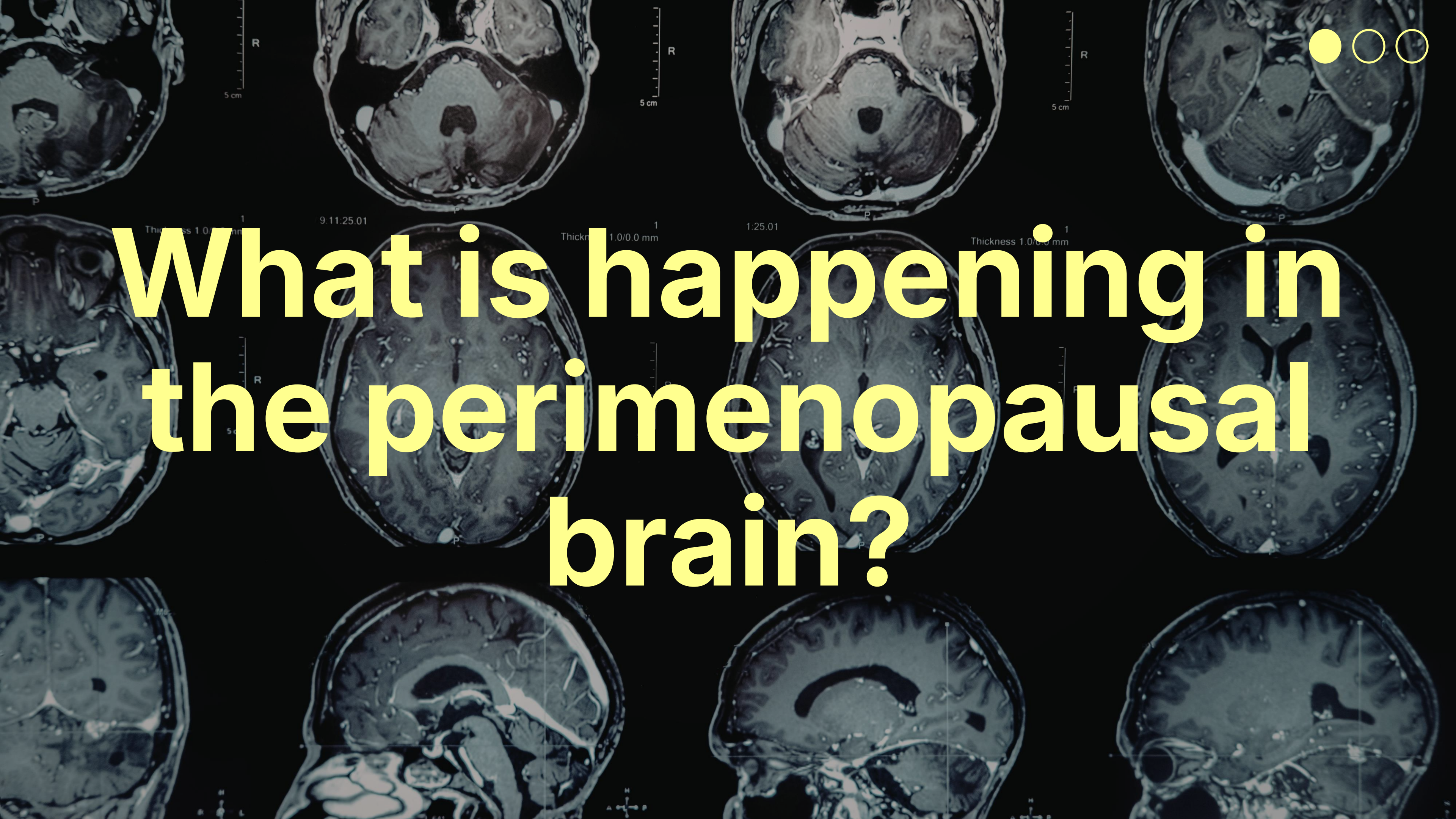
Approximate timelines - individual experience varies



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Perimenopause
is biological,
midlife is
contextual.





**What is happening in
the perimenopausal
brain?**

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PUBERTY PREGNANCY PERIMENOPAUSE

Changes in body temp



Changes in mood



Changes in sleep patterns



Changes in libido



Changes in memory + attention



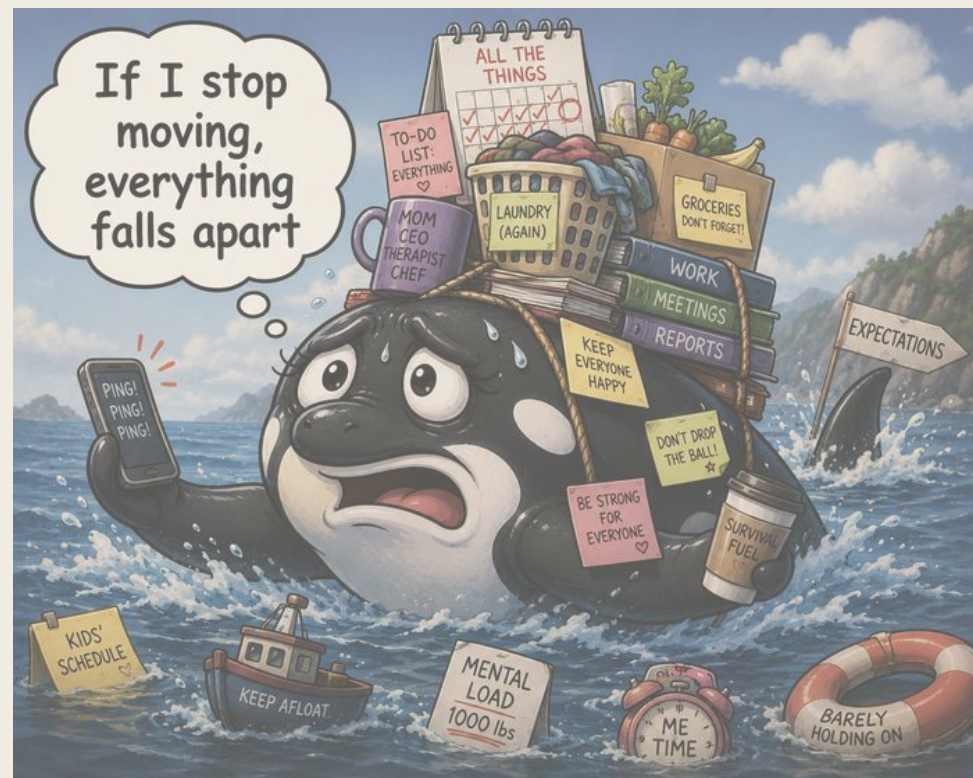
Changes in brain energy



Changes in brain connectivity



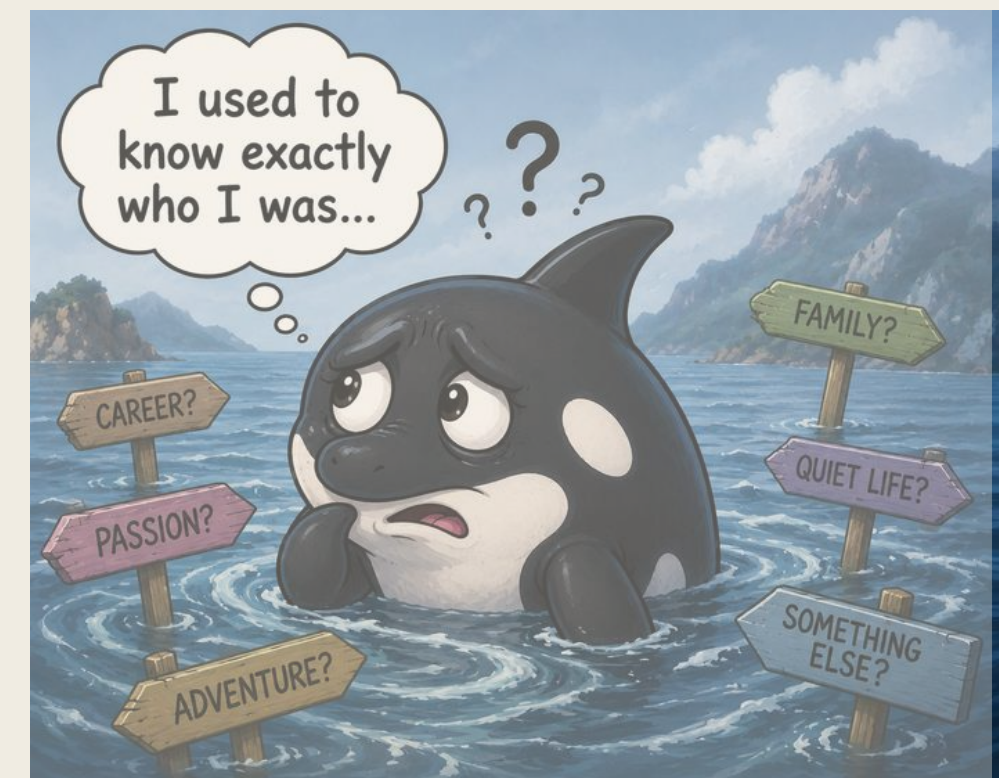




1 THE OVERWHELMED ORCA



2 THE INVISIBLE ORCA



3 THE LOST ORCA



4 THE DEPLETED ORCA



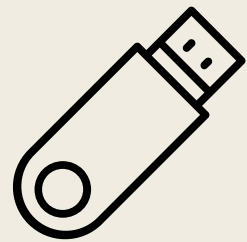
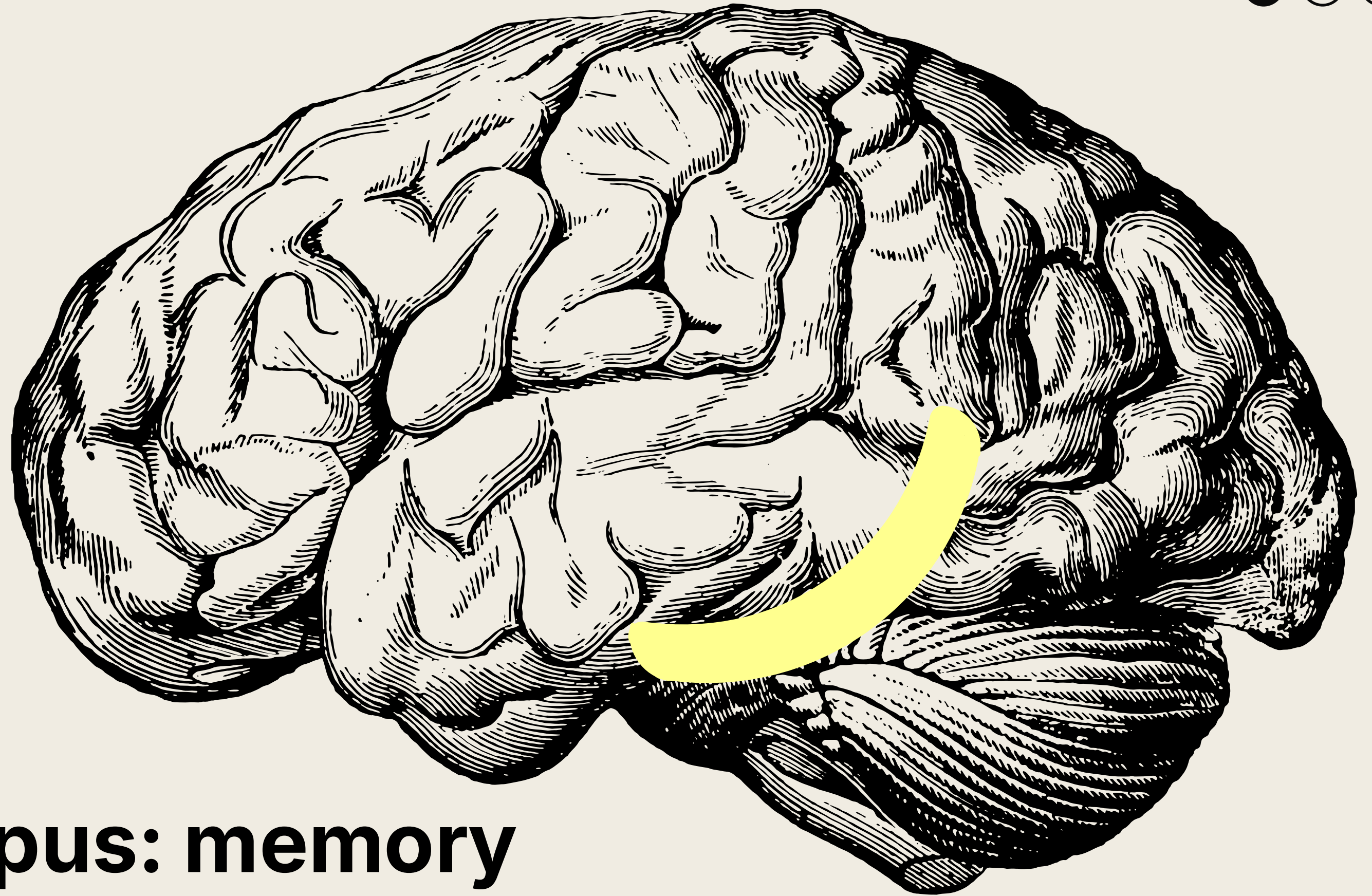
5 THE BRAIN FOG ORCA



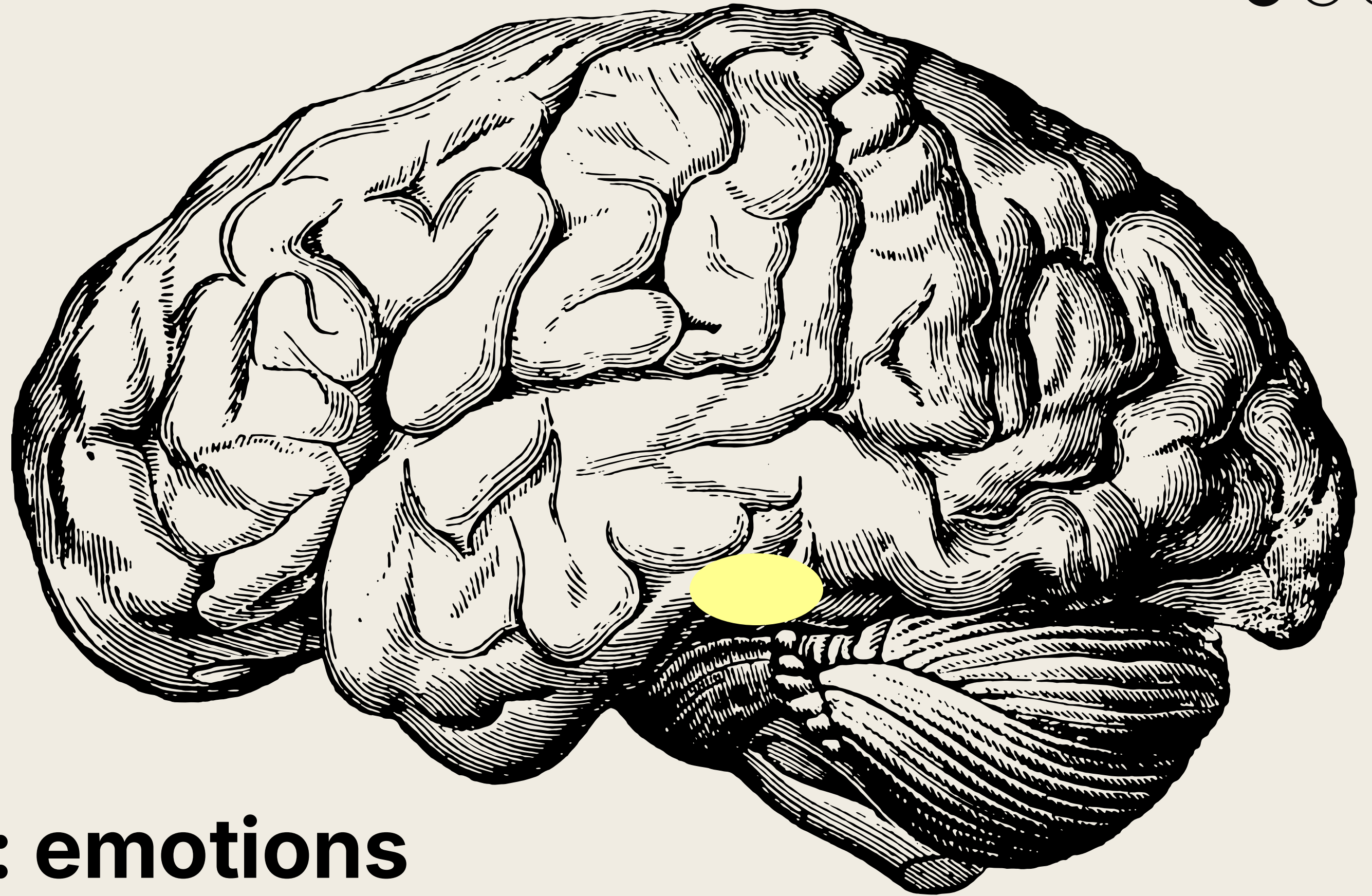
6 THE EMOTIONALLY VOLATILE ORCA



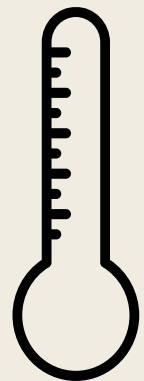
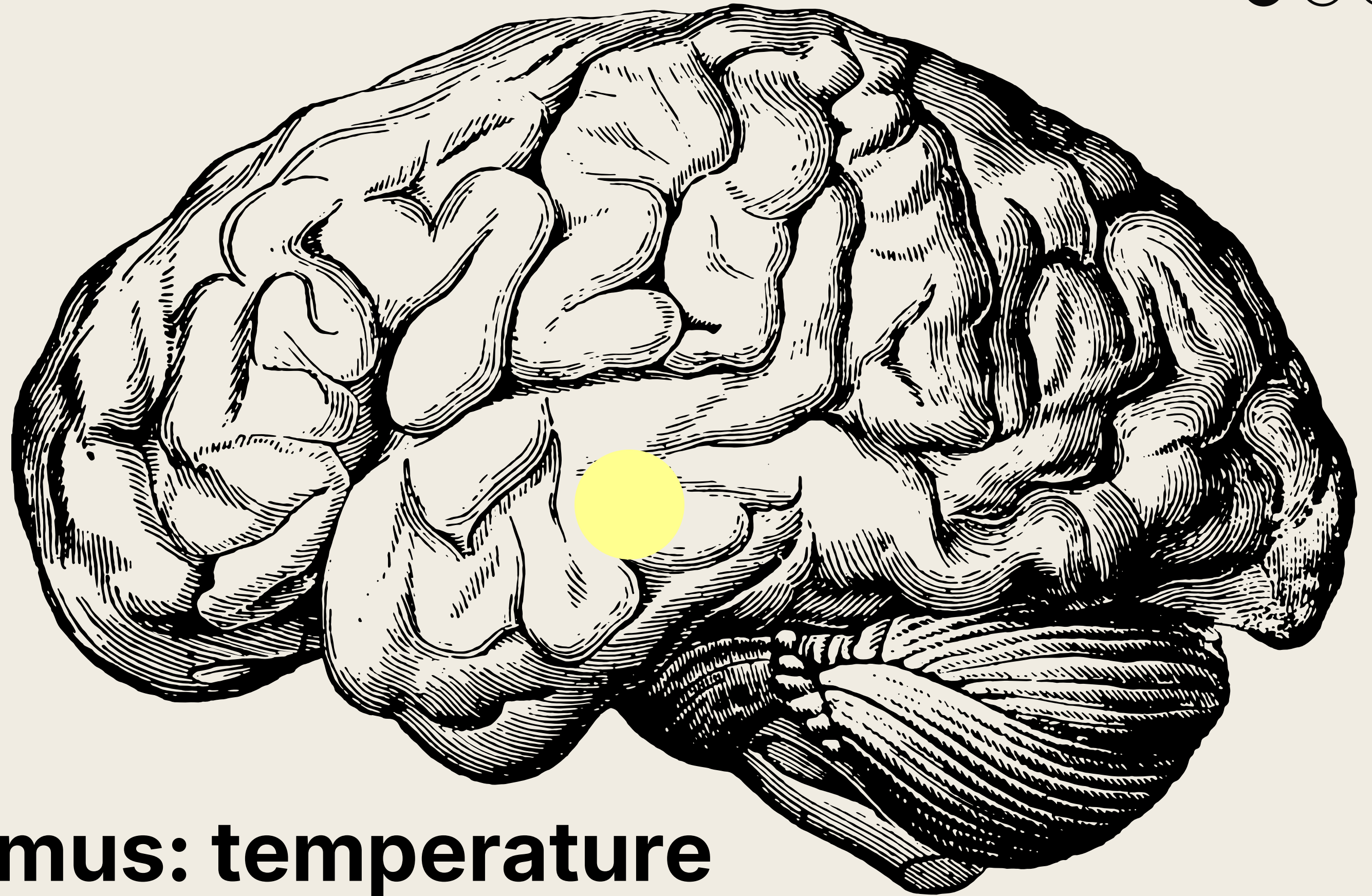
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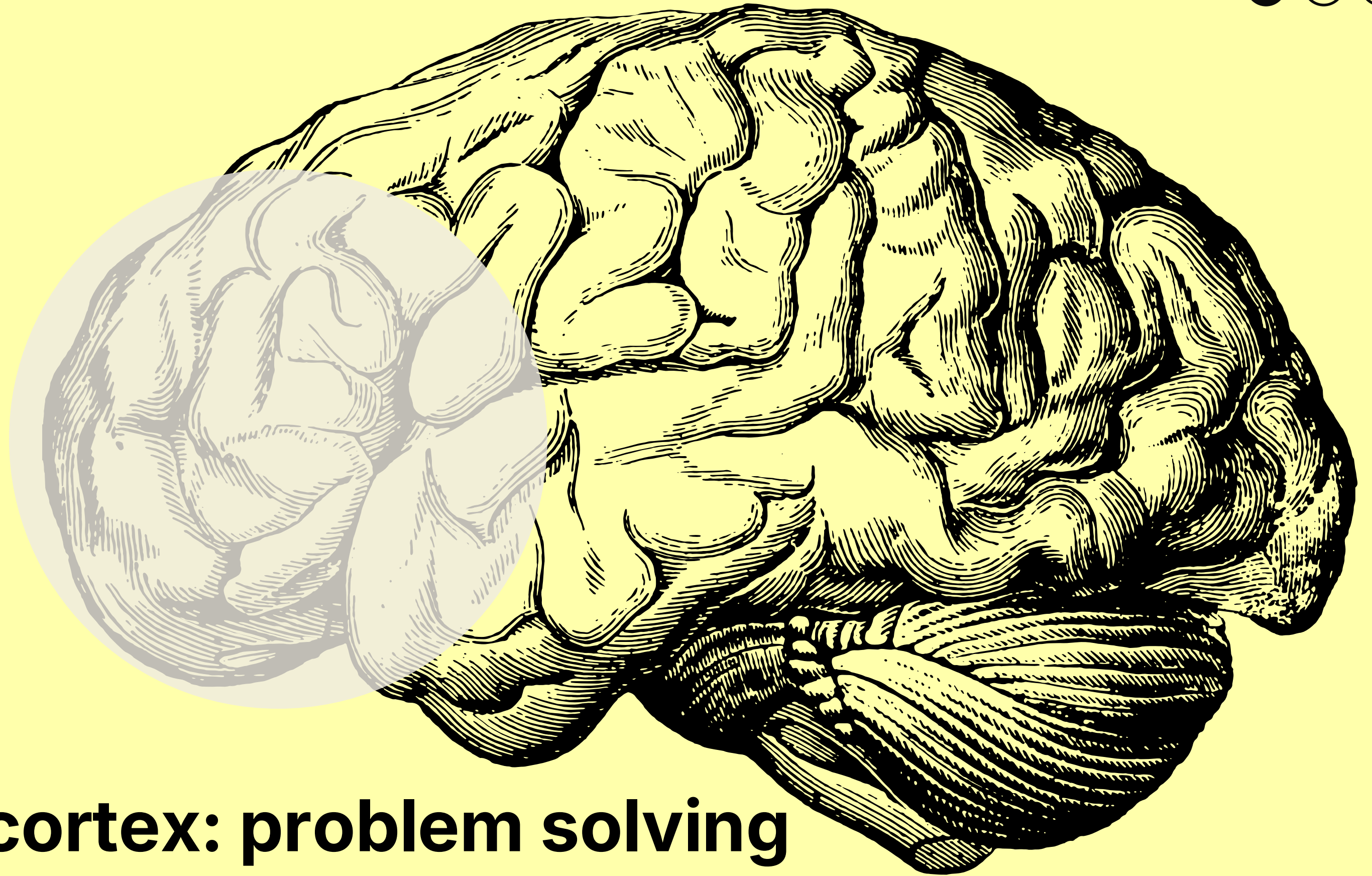
Hippocampus: memory



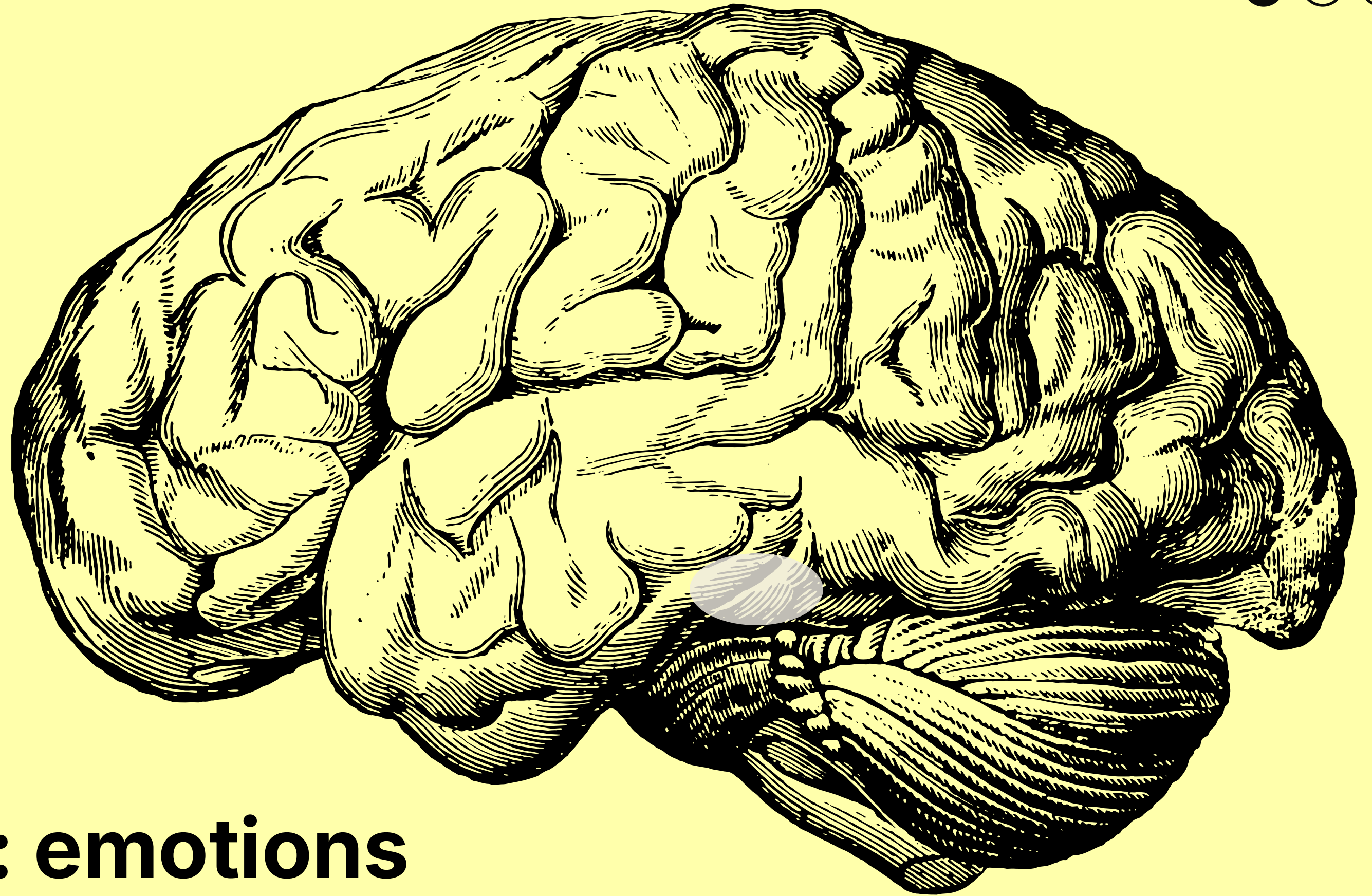
Amygdala: emotions



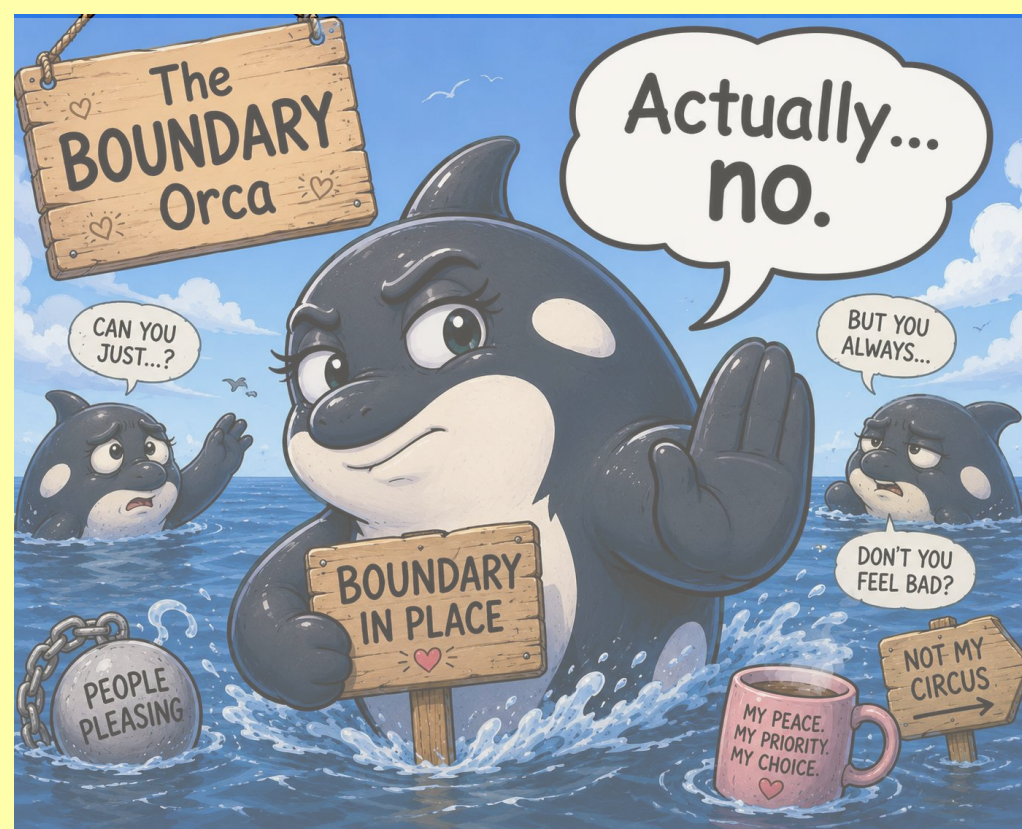
Hypothalamus: temperature



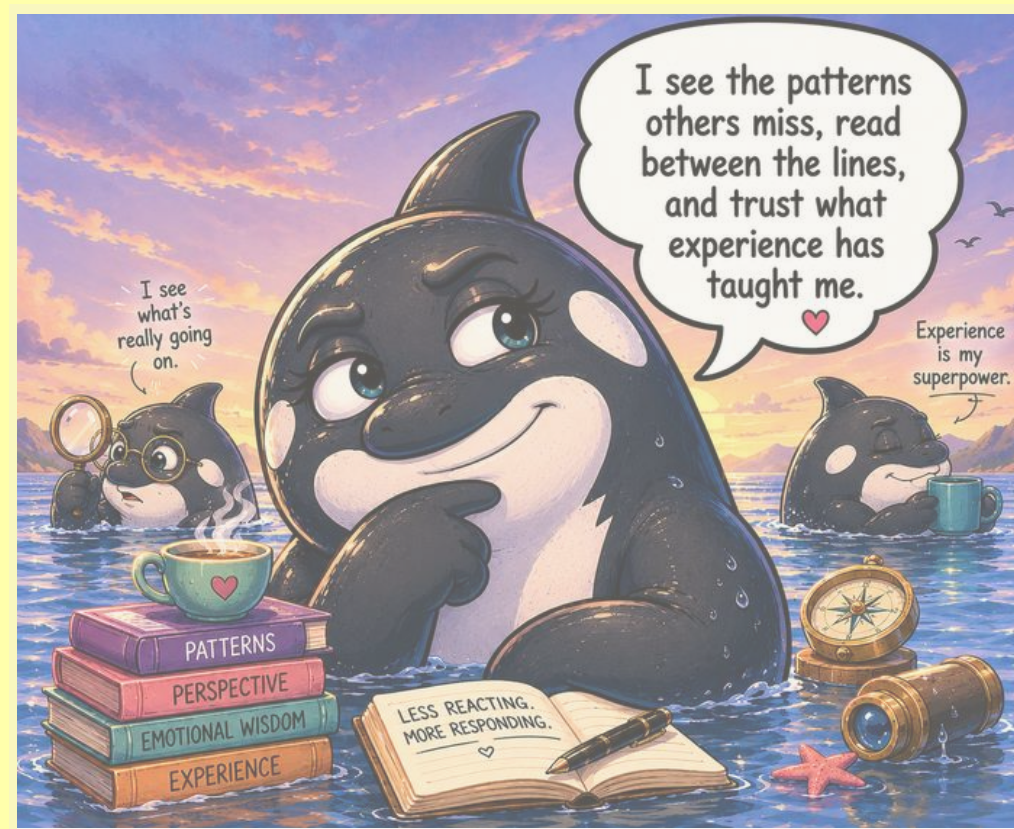
**Prefrontal cortex: problem solving
judgement, pattern recognition**



Amygdala: emotions



1 THE BOUNDARIED ORCA



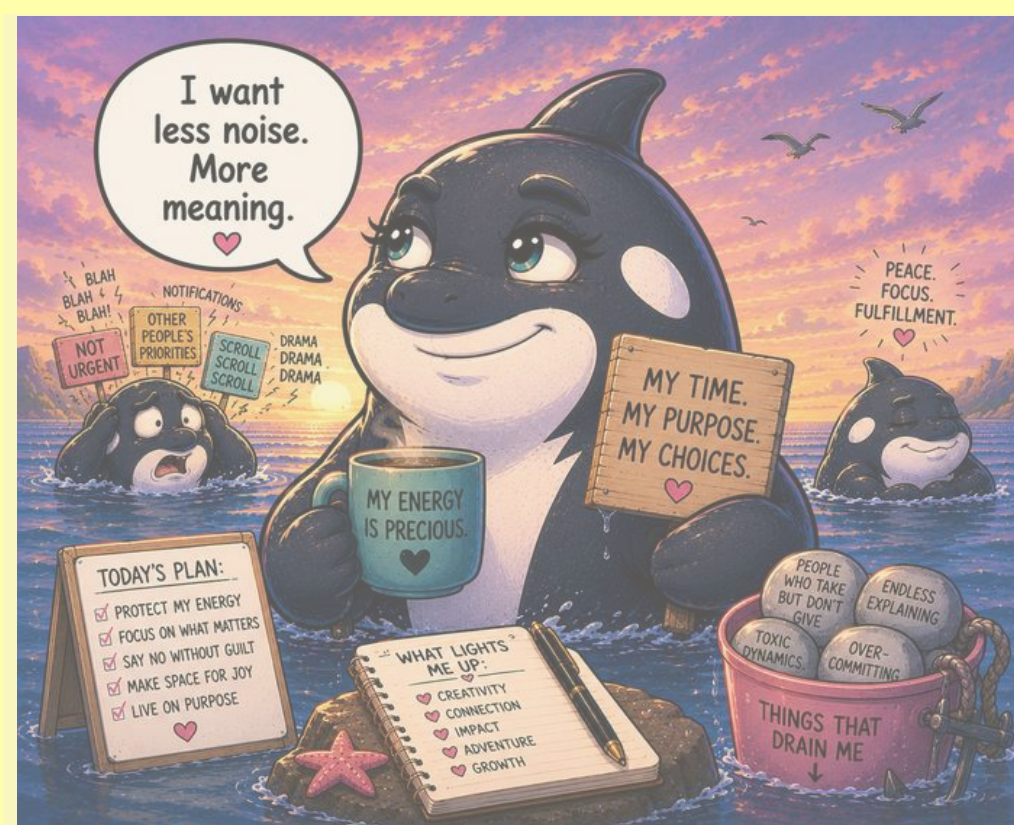
2 THE WISE ORCA



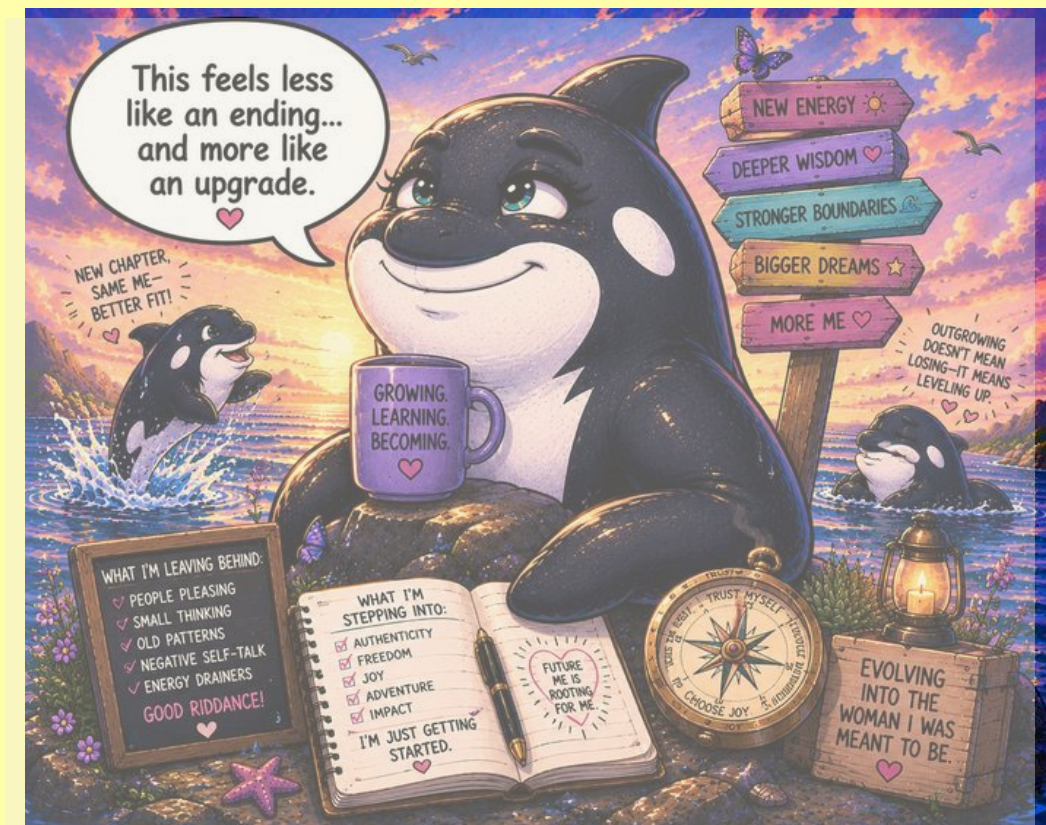
3 THE FIERCE ORCA



4 THE HONEST ORCA



5 THE PURPOSE ORCA



6 THE EVOLVING ORCA



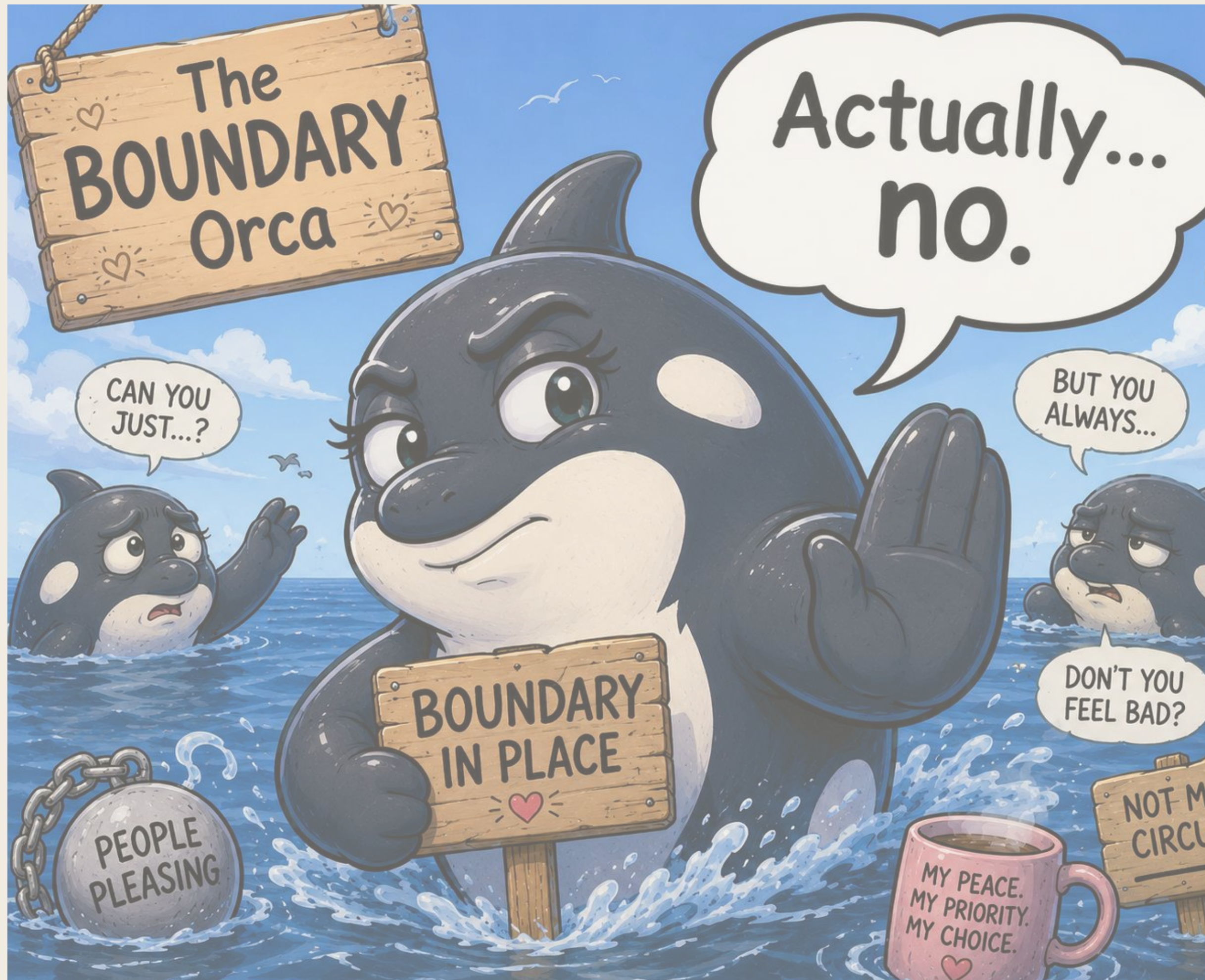
**Cognitive changes =
behaviour changes =
relationship changes**

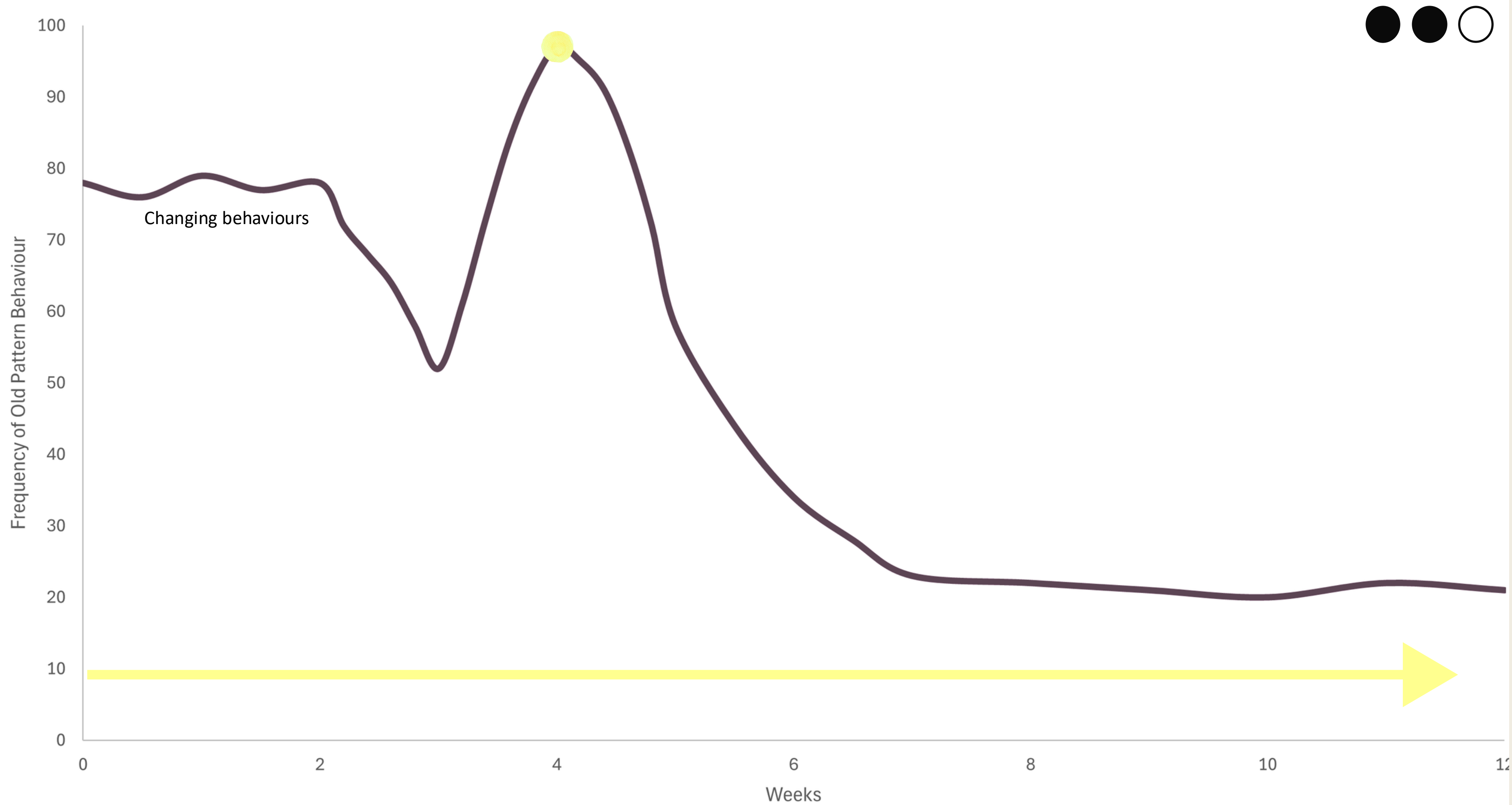


Nadya C

on Mar 13

The one value I struggled to place was 'helping others'. It has been part of me always and the value is high, but at this stage of life it has begun to deplete me. Giving and helping too much means there is not much left for me (and my other values).







**3 simple steps to
say goodbye to
perimenopause
forever!**



1. UNDERSTANDING

Godfrey, O., & Bogg, T. (2025); Ayers, B., Forshaw, M., & Hunter, M. S. (2010)

2. COMPASSION

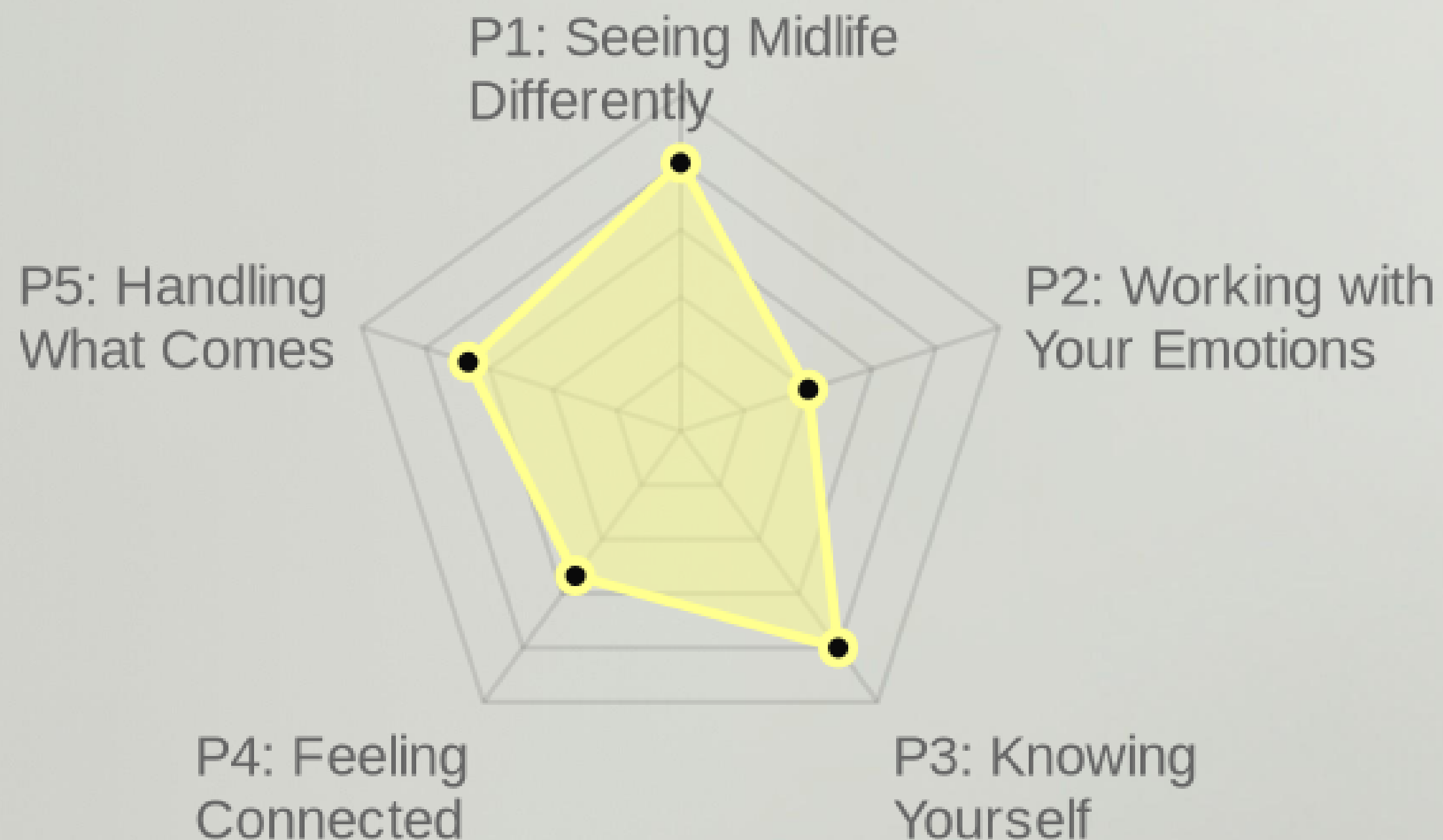
Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. 2015)

3. BOUNDARIES

Meng Y, Li H, Qu Y, Yu G., (2025)



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The *FLUXX*
Midlife Pulse

What surprised you?
What stood out?



We are not broken.

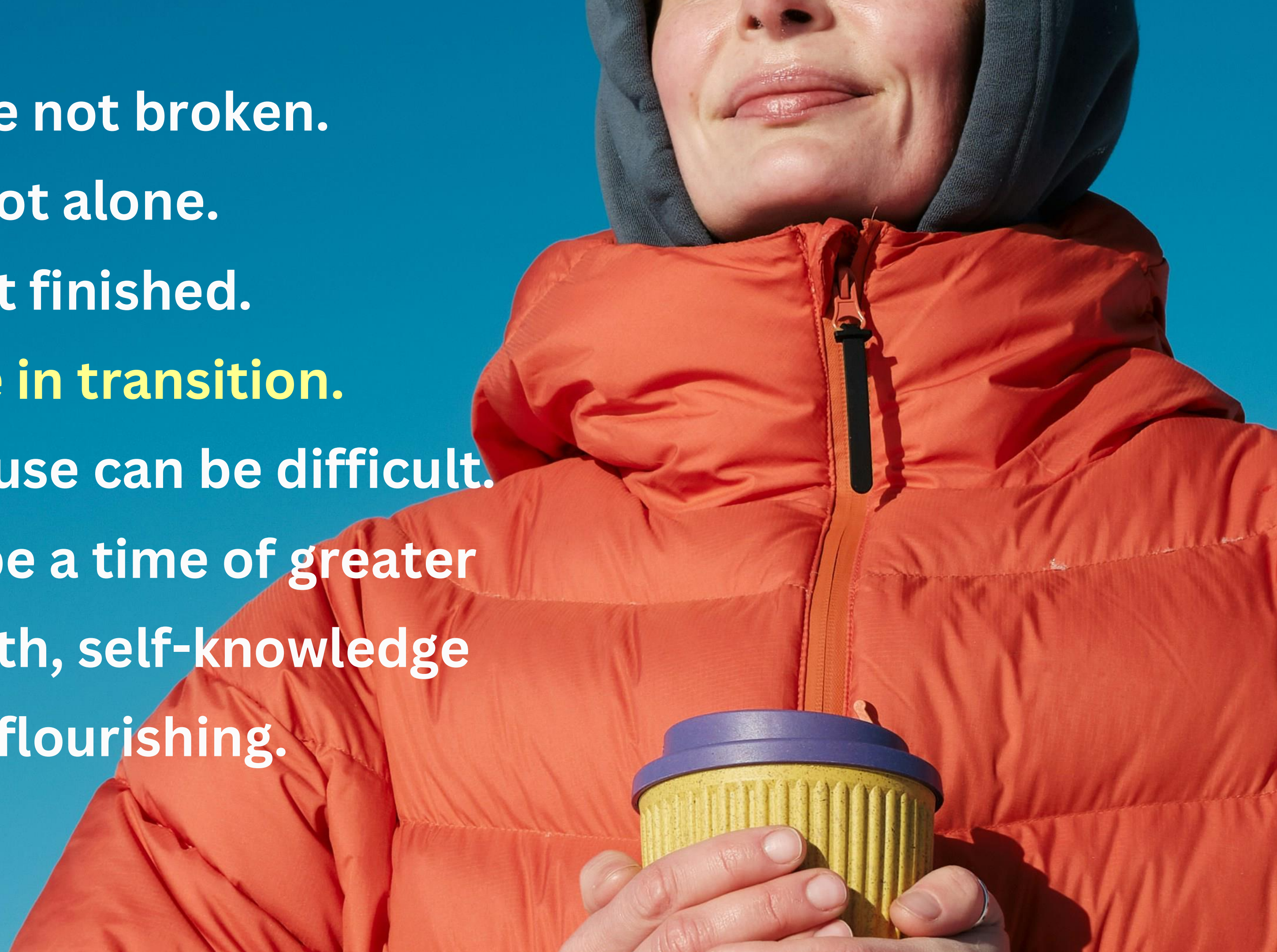
Not alone.

Not finished.

We are in transition.

Perimenopause can be difficult.

**It can also be a time of greater
clarity, depth, self-knowledge
and flourishing.**



The Midlife Reframe

8 days · 15 mins/day · tools you keep for life

15% discount: use code PESA15

Valid for the next three cohorts:

- June 22
- July 8
- July 20

Share the code with whoever needs it.





Questions?