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# MENOPAUSE WINGMAN

## Are You Ready to Be Her Wingman?

A Free Guide for Partners Navigating  
the Menopause Journey Together

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*The book that turns “I don’t know what to do”  
into “I’ve got you.”*

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By Michelle A. Hardwick



*Featuring real voices from the Wingmen who've been there*

[www.MenopauseWingman.com](http://www.MenopauseWingman.com)

# Welcome, Wingman

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You've noticed the changes. The mood swings. The sleepless nights. The thermostat wars. Your wife or partner is going through something profound - and you're along for the ride.

This isn't just her journey. It's **yours** too.

Being a great partner during menopause doesn't require medical expertise. It requires emotional intelligence, patience and the right information. This free guide gives you a taster of what's inside the full Menopause Wingman handbook.

The wisdom in the book doesn't come from theory alone - it comes from the trenches. Men from diverse backgrounds from around the world generously shared their experiences to light the path for others.

Inside this guide, you'll find five key themes from the book, practical tips you can use today. There is also a self-assessment to see where you're doing well (and where the book can help), as well as real quotes from Wingmen who've been exactly where you are.

#### WINGMEN FIELD NOTE

*"There are no quick fixes or shortcuts (much like everything in life really). It's just something that they have to go through and hope that it's just over and done with quickly. The hot flushes, difficulty with emotional regulation (where it was not an issue before), brain fog, and lethargy are a challenge because depending on the severity it can affect their quality of life."*

**Brian**

#### WINGMEN FIELD NOTE

*"I think just understand it's unpredictable and really difficult to navigate - it's like going into the unknown for both of you - but that being there for her and listening is probably 99% of it."*

**Matthew**

**Let's begin your Wingman journey...**

## 1. Understanding What She's Going Through

Menopause isn't a disease or a condition - it's a potent, natural life transition. But that doesn't make it easy. Her body is rewriting its' instruction manual and the changes can be bewildering for both of you.

- Hot flushes, night sweats, brain fog, weight changes and mood shifts are all driven by hormonal fluctuations - not by anything you did or didn't do.
- As oestrogen drops, her tolerance for people-pleasing often drops too. You're meeting the woman who's been inside your partner all along - more decisive, more authentic, more real.
- Every woman's experience is different. Comparing her journey to anyone else's is a fast track to frustration for both of you.

### WINGMEN FIELD NOTE

*"Until now I just heard the words "I'm having a hot flash" and thinking, oh that lady is feeling a little warm. My wife now says feel my arm and I can't believe actually how hot she is. I can't imagine how uncomfortable she is when its happening."*

**Tom**

### WINGMEN FIELD NOTE

*"It would of really helped me to read a book or try and educate myself more on the topic once I heard the words Perimenopause from my wife."*

**Tom**

### WINGMEN FIELD NOTE

*"Do your research on perimenopause when you start to feel the distance between the two of you."*

**Ben**

**WINGMAN TIP:** Make learning about menopause a team effort. Start a shared note on your phones where you both add articles, podcast episodes or tips. It shows her you're in this together.

## Your Wingman Check-In

Tick the statements that are true for you right now.

### Understanding What She's Going Through

- I understand the basic biology of what's happening during menopause
- I know the difference between perimenopause, menopause and post menopause
- I've educated myself about her symptoms without waiting for her to explain
- I recognise that every woman's experience is different

*Fewer ticks in this section? That's where the full book will be your greatest ally.*

## 2. Getting the Emotional Stuff Right

The emotional terrain of menopause is often the most challenging part...for both of you. Her mood shifts aren't a character flaw; they're a symptom. Remembering this distinction changes everything.

- Validate her feelings before trying to fix them. "That sounds really difficult" goes further than any solution you can offer.
- Your own feelings are valid too. Feeling confused, frustrated or overwhelmed doesn't make you a terrible partner - it makes you human.
- Resist the urge to take mood changes personally. When you stop seeing them as attacks and start recognising them as symptoms, you become part of the solution.

### WINGMEN FIELD NOTE

*"I wish I'd taken things less personally at times and taken a moment before reacting."*

**Mark**

### WINGMEN FIELD NOTE

*"Never mention the word menopause innocently in the early days!"*

**Alistair**

### WINGMEN FIELD NOTE

*"Learn as much as possible before. Don't wait until you are in the thick of it. You can have damage done to your relationship with the answer you respond with. 'For warned is for armed'."*

**Malcom**

**WINGMAN TIP:** Create a Support Matrix together with four quadrants: "Just Listen", "Problem Solve", "Distract Me" and "Space Please". Each day, she can point to what she needs: no guesswork required.

## Your Wingman Check-In

Tick the statements that are true for you right now. The sections where you tick the fewest? Those are where the full book will help you most.

### Getting the Emotional Stuff Right

- I can validate her feelings without immediately trying to fix things
- I don't take her mood changes personally (most of the time)
- I've acknowledged that my own feelings during this are valid too
- I know when to offer support and when to give space

### 3. Intimacy: Changing, Not Disappearing

Intimacy during menopause isn't ending. It's being reimagined. The goal isn't to recreate what worked before. It's to discover what works now. Many couples report that navigating these changes leads to more satisfying intimacy than before.

- Physical changes like vaginal dryness and shifting sensations are real and common. High-quality lubricants aren't a failure. They are a tool, like reading glasses.
- Expand your definition of intimacy beyond the physical. Emotional, intellectual and experiential intimacy all deepen your connection.
- Patience is everything. What once was spontaneous may now need **much** more time, more communication and zero pressure.

#### WINGMEN FIELD NOTE

*"Be patient, tolerant and supportive. Reassure that physical transformation doesn't mean much and that things haven't and won't change in the relationship."*

**Steven**

**WINGMAN TIP:** Focus on connection, not performance. A foot rub, slow dance in the kitchen or hand-holding on the sofa can be more intimate than anything in the bedroom.

### Your Wingman Check-In

Tick the statements that are true for you right now.

#### Intimacy: Changing, Not Disappearing

- I understand the physical changes affecting our intimate life
- I've expanded my definition of intimacy beyond the physical
- I communicate openly about what works and what doesn't
- I approach changes with curiosity rather than frustration

*Fewer ticks in a section? That's where the full book will be your greatest ally.*

## 4. Communication That Actually Works

Your usual communication patterns might suddenly feel like you're speaking different languages. Hormonal changes can affect how she processes information and responds to stress. This isn't about you becoming less funny. It's about neurochemical shifts that temporarily alter perception.

- Door-openers: "What's been the hardest part of this for you lately?" and "How would you like me to support you right now?"
- Wall-builders to avoid: "Is this menopause or are you just angry with me?" and "My Mum never had these problems."
- Knowing when to offer solutions and when to simply provide silent support is an absolute **Wingman superpower**.

### WINGMEN FIELD NOTE

*"Understanding for your partner and appropriate self care for yourself. There have been moments where I have felt I am living in a parallel universe and what's happening makes no sense to me, I usually laugh inside when that happens, like I've landed onto a planet where things are similar but very different."*

**Daniel**

### WINGMEN FIELD NOTE

*"Remember, this too shall pass. I'm learning to speak in code to other men going through the same thing!"*

**Alastair**

**WINGMAN TIP:** Try the "Weather Report" check-in: share your internal weather forecast each week. "Sunny with scattered brain fog" or "Cloudy with a chance of mood swings". It keeps things light and connected.

## Your Wingman Check-In

Tick the statements that are true for you right now. The sections where you tick the fewest? Those are where the full book will help you most.

### Communication That Actually Works

- I use 'door-opener' questions rather than 'wall-builders'
- I practise listening without jumping to solutions
- I know the difference between when she wants solutions and when she needs to vent
- I've developed signals or codes for different support needs

## 5. Looking After Yourself Too

Here's the unspoken truth: **you matter too**. While you're busy being the world's most considerate Wingman, forgetting to look after yourself isn't noble...it's counterproductive. You can't support her journey if you're too exhausted to read the map.

- Your emotions during this time are valid. Feeling frustrated, confused or overwhelmed doesn't make you a terrible partner. It absolutely makes you a caring, human one.
- Boundaries aren't walls. They're garden gates. Saying "I need my evening run to stay sane" isn't selfish. It prevents resentment.
- Find your own support. Other men in similar situations, online groups or a therapist you trust. You're allowed to call in additional Wingmen.

### WINGMEN FIELD NOTE

*"It's the realization that time is passing so quickly, and that we are both reaching another chapter in our lives. A change shows in both our bodies, in different ways and irreversibly, and this slightly lifts a veil, allowing a glimpse on the final chapter."*

**Steven**

### WINGMEN FIELD NOTE

*"This story can be titled "Thermostat Wars". My wife is banned from touching the thermostat in our home because many times, she will get hot and turn the thermostat way down, then when she cools off, she cranks it back up. Oftentimes the house is either freezing or sweltering and even though our thermostat is on a program, she overrides the programming and forgets to turn it back onto program mode. And guess who is responsible for having to go downstairs as we are getting ready for bed? Me. So, she has been banned from touching the thermostat. And, fortunately, we have smart thermostats now, so I can make adjustments from my phone."*

**Jason**

**WINGMAN TIP:** Schedule a Weekly Emotional MOT: rate your stress (1–10), identify what's draining you, note what's working and plan one thing just for you this week.

## Your Wingman Check-In

Tick the statements that are true for you right now.

### Looking After Yourself Too

- I have my own support system (friends, groups or professional help)
- I maintain activities and interests that recharge me
- I set healthy boundaries without guilt
- I recognise when I need a break and take one

*Fewer ticks in a section? That's where the full book will be your greatest ally.*

# Ready to Become a Menopause Wingman?

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This guide is just the beginning. The full Menopause Wingman handbook gives you everything you need: detailed strategies for every stage, real stories from the men who've been there, exercises you can do together and the complete emotional toolkit for navigating this journey as a team.

*The book that turns “I don’t know what to do”  
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## Work with Michelle

### The Full Book

Menopause Wingman: The Emotional Handbook for Partners, available now

### 1-to-1 Sessions

In-person and Zoom sessions for individuals and couples navigating the menopause journey

### Speaking & Workshops

Available for corporate events, community groups and conferences. Michelle brings the conversation to where it's needed most

### Online Community

Join the growing community of Wingmen supporting each other through this transition

## Get in Touch

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