



Understanding and Managing Your Hot Flush Triggers

No.	Topic	Why it happens?	What has worked for others
1	Warm Environments	Hot flushes are often triggered by heat, whether it's from a warm room, direct sunlight, or cosying up with heavy blankets.	Dressing in light, breathable layers you can remove easily is a go-to trick. Many women recommend cotton or linen over synthetic fabrics, which trap heat. A portable fan can be a lifesaver too; some women keep one in their bag or on their nightstand. Cooling sheets and a light blanket at night can also help you sleep more comfortably.
2	Cold, Greasy, and Spicy Foods	Surprisingly, cold or raw foods can be harder to digest, making your body work harder and generating more heat. Spicy foods and heavy, greasy meals can also elevate your body temperature, often leading to flushing and sweating.	Many women find relief by focusing on warm, cooked meals like soups, stews, and steamed vegetables. Switching to lukewarm drinks during the day, instead of icy cold ones, may also help. If you're a fan of spice, try gradually reducing it and note any changes. Using a Menopause Symptoms Tracker can help you identify patterns, making it easier to spot foods that tend to trigger flushes.
3	Alcohol and Caffeine	Both alcohol and caffeine dilate blood vessels, which can intensify hot flushes. Red wine is a common trigger for many.	Many women find it helpful to cut back on coffee and alcohol, especially in the evening. Herbal teas, like chamomile or chrysanthemum, which have cooling properties, make great alternatives. If you love the ritual of wine or cocktails, try non-alcoholic versions—one close friend swears by alcohol-free sparkling wine for the “experience” without the flush. If you're out at a pub or party, soda water with a splash of bitters and lime is a refreshing choice that's also great for digestion.

4	Stress and Anxiety	Stress hormones, such as adrenaline, can raise body temperature and often trigger a hot flush.	Practicing deep breathing, meditation, or gentle yoga can help calm the nervous system, which may reduce the intensity of flushes. Even taking five minutes each day for mindful breathing or gratitude journaling has made a difference for many women. Remember, self-care isn't selfish; it's essential, especially when it comes to managing stress-related flushes.
5	Smoking	Smoking affects blood vessels and hormone levels, making hot flushes more frequent and intense.	Reducing or quitting smoking has had a profound impact on managing symptoms for many women. If quitting feels daunting, consider support groups, nicotine patches, or consulting a healthcare provider for guidance. Some women have also found acupuncture helpful in managing cravings and reducing menopausal symptoms.
6	Exercise	Exercise raises body temperature, especially intense cardio workouts, which can lead to hot flushes during or after your routine.	Lower-intensity exercises, like yoga, pilates, or swimming, are easier on the body's temperature regulation. If you prefer more vigorous exercise, try exercising in a cool room or early in the morning. Weight training, a couple of times a week is essential as your body loses bone density as we age. Many women bring a cooling towel to the gym, which can be a quick way to lower body temperature. A refreshing shower after exercise can also help cool you down and prevent post-workout flushes.
7	Hormonal Fluctuations	During menopause, hormone levels naturally fluctuate, leading to unexpected hot flushes.	While you can't directly control hormone fluctuations, tracking patterns can be incredibly helpful. Using the "Menopause Symptoms Tracker", you might find that flushes happen at certain times of the day or during specific activities. Recognising these patterns can help you adjust your schedule or environment to minimise discomfort.

8	Tight Clothing	Tight, non-breathable clothing can trap heat, making you more likely to experience a flush.	<p>Opting for loose, breathable fabrics like cotton or linen can make a noticeable difference. Many women avoid layers or collars around the neck, where heat often builds up.</p> <p>Additional tip: Always travel with an extra top (just in case) and if you're wearing a jacket, opt for a short-sleeved top underneath.</p>
9	Large Meals and Sugar	Eating large or carb-heavy meals can temporarily raise your metabolism, potentially triggering a flush.	Smaller, more frequent meals help maintain stable energy levels and prevent blood sugar spikes that could trigger flushes. Avoiding heavy, sugary meals especially in the evening may also improve the quality of your sleep. Whole, unprocessed foods tend to be gentler on the body and less likely to cause sudden temperature changes.
10	Cold Glass of Water on the Wrists	When you feel a hot flush coming on, cooling down specific pulse points on your wrists can help lower your overall body temperature.	Keeping a cold glass of water nearby and placing it on your wrists when a flush begins, has been an instant fix for many women. The coolness on this sensitive area of the wrist helps bring down body temperature quickly. Whether you're at home or out and about, this small trick can make a big difference. It's subtle too so you don't draw too much attention, perfect if you're in the office.
11	20-Minute Nap for Energy	Hot flushes and night sweats can sap your energy, leaving you feeling fatigued throughout the day.	A quick 20-minute power nap can be incredibly rejuvenating and helps you bounce back with more energy. This practice can especially be helpful if you experience disrupted sleep due to night sweats. Many women swear by this as a simple, effective way to keep fatigue at bay.

12	Night Sweats	Hot flushes during the night, also known as night sweats, can disrupt your sleep, leaving you feeling tired and irritable.	<p>Here's the tip I saved for last because it's been a game-changer for so many: try a warm foot soak before bed! Soaking your feet in warm water for about 20-30 minutes an hour before you go to sleep can help regulate your body temperature. Warming your feet dilates blood vessels and releases heat from your body, lowering your core temperature so you're less likely to experience night sweats.</p> <p>Enhance your experience: Add Epsom salts and a couple of drops of basil essential oil to the foot bath. Basil has an oestrogen-like compound that may help reduce the intensity of hot flushes. This simple, relaxing ritual has helped many women get a more restful night's sleep with fewer interruptions from night sweats.</p>
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