

Diverse City

Menopause Manifesto 2025

Since the menopause I try to do the things that matter and make a difference. I am not always successful but the menopause sharpens the view from the hilltop. Time is finite. Create the future you want—books, relationships, shows, life itself. This is my manifesto that keeps me on track.



1. **Become a fiercer, sweaty version of yourself.** I have. I burn with hormones, passion, and zero patience for the dicks who get in my way.
2. **Cut the noise.** Focus on what matters. Ditch what doesn't. Listen to that inner voice—it knows the way.
3. **Protect your energy.** Rest. Say no without guilt. Drop the things that drain you. Prioritise what fuels you—movement, creativity, laughter, quiet.
4. **Own your choices.** Lose the trying to control but take full responsibility.
5. **Find real pleasure.** Beyond booze, food, and shopping. We're taught to numb instead of face the void—don't. What truly soothes and excites you? Rediscover childhood joy—ride a bike, keep a secret diary, run wild. Make space for it.
6. **Delegate.** Ask for help. When help is offered, give clear instructions.
7. **It's not you, it's them.** If someone is annoying, no need to spend any time on wondering if it is you or them. It is them.

Diverse City

8. Ditch the to-do lists. Stop expecting so much of yourself. Track what you have achieved instead. Take stock. Be proud.

9. Grieve daily. Love fiercely. Honour those you've lost. Keep them close. By middle age many of us have lost parents and friends. Keep living. Grieve every day and always for those you have lost.

10. You are a phoenix being reborn. Your hormones are rewiring you for wisdom, leadership, and deep desire. Trust the shift. Look out for the whole tribe with the wisdom you have gained (not just your small immediate tribe)

11. Nurture friendships. Old and new. This stage is about connection—reach out. Give your friendships time and space. Connect with some people you like the look of.

12. Play big. Make the biggest impact possible. Women have always changed the world. Keep going. It is not hopeless.

Claire Hodgson

Help Us Keep This Conversation Going

If you believe in a world where menopause is represented on stage, behind the scenes, and in the audience, support us. Your donation helps Diverse City bring more diverse voices, stories, and artists into the spotlight.



Donate today and be part of the change.



Donate Now

Thank you