

MENOPAUSE CHECKLIST



MAKING MENOPAUSE MARVELLOUS

EMOTIONS

- Feeling down/depressed
- Rage, angry, frustrated
- Feeling tense/nervous
- Feeling excitable
- Panic or anxiety attacks
- Feeling unhappy, no interest in things
- Crying spells
- Overwhelmed, burdened
- Feel lost about who you have become
- Hate body changes

BODY

- Heart: palpitations/stronger/quicker
- Feeling faint/ dizzy spells
- Change in feelings in hands/feet
- Restless legs at night
- Headaches/ pressure in head
- Muscle/joint pain/change in mobility
- Weight-gain
- Numbness in parts of body
- Tiredness or lack of energy
- Tinnitus

SEX & THE VAGINA

- Irregular periods
- Decreased libido
- Vaginal dryness
- Itchiness
- Heavy periods
- Stress incontinence

SKIN & HAIR

- Dry skin
- Brittle nails
- Bloating
- Thinning hair
- Increased body odour
- Crawling, itching skin

OH...MY BRAIN

- Brain fog
- Difficultly concentrating
- Forgetfulness
- Difficulty in remember words
- Unable to remember faces/people

BODY TEMPERATURE

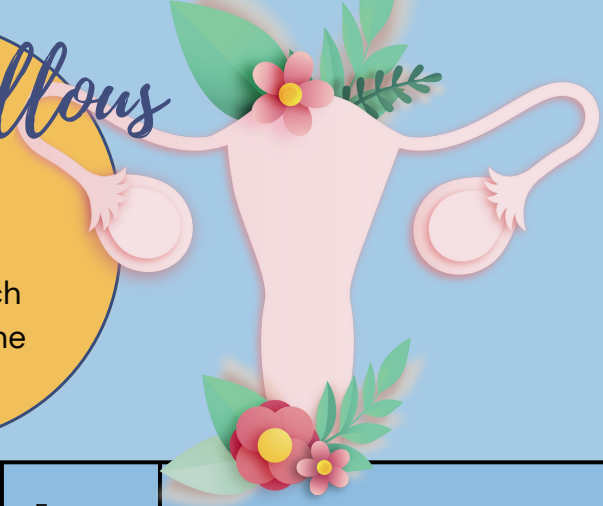
- Hot flush
- Night sweats
- Cold flush
- Change in body temperature

Other symptoms

Making Menopause Marvellous

Monitor symptoms regularly to track changes and treatment effectiveness.

Set a timer, take some deep breaths, and observe each body part for sensations and subtle changes, noting the feedback your body gives you.



Symptoms	Never 0	A little 1	Yes 2	Extreme 3	Comments
Heart Concerns					
Hot flush/Temperature change					
Changes in Sleep					
Tension/Anxiety/Panic					
Lack of Concentration					
Lacking Energy					
Loss of self					
Unhappy/Depressed					
Irritability/RAGE!					
Muscle/Joint Pain					
Feeling Dizzy/Light Headed					
Vagina: Dryness/Change					
Loss of Sex Drive					
Urinary Symptoms					
Other:					