

MENOPAUSE CHECKLIST

MAKING MENOPAUSE MARVELLOUS

Tick anything that feels familiar, or anything you've noticed changing over the past year in your body and mind.

EMOTIONS

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

PERIODS,SEX & THE VAGINA

- ◯ Irregular periods
- ◯ Heavy periods
- ◯ Vaginal dryness/itchiness
- ◯ Pain/discomfort during sex
- ◯ Decreased libido
- ◯ Stress incontinence

BRAIN AND THINKING

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

BODY CHANGES

- ◯ Heart: palpitations/stronger/quicker
- ◯ Feeling faint/ dizzy spells
- ◯ Tingling, pins and needles hands/feet
- ◯ Restless legs
- ◯ Headaches/ Migraines
- ◯ Muscle/joint pain/change in mobility
- ◯ Weight gain
- ◯ Numbness in parts of body
- ◯ Tiredness or lack of energy
- ◯ Tinnitus
- ◯ Digestive changes
- ◯ Changes in sleep

SKIN & HAIR

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

BODY TEMPERATURE

- ◯ Hot flushes
- ◯ Night sweats
- ◯ Cold flush/chills
- ◯ Change in body temperature

Other symptoms

Making Menopause Marvellous. One chat at a time.

Meredith Wiseman | M@mmm.net.nz | 027 598 5477