



Empowering your menopause journey

**Your self help guide and
symptom tracker to support
your menopause journey**

Making People Better in the Workplace

vitahealthgroup.co.uk

Embrace your journey

It may be that you are breezing through a problem-free menopause, however most experience some symptoms ranging from mild to severe.

Hot flushes are the most common symptom of the menopause, occurring in three in every four menopausal individuals. Other common symptoms include night sweats, sleeplessness, vaginal dryness, irritated skin, more frequent urinary incontinence and urinary tract infections, low mood, and a reduced interest in sex.

Symptoms vary hugely in duration, severity and what impact they have between individuals.

Common Menopause symptoms:



Anxiety



Fatigue



Difficulty sleeping



Mood swings



Brain fog/
memory loss



Hot Flushes



Nausea



Chills



Night Sweats



Headache



If you suspect you might be experiencing menopausal symptoms, or have already been diagnosed, it may be helpful to **keep a record of your symptoms**. This could be to help you have a future conversation with a healthcare provider, and to help you understand what works best for you to **manage your symptoms**.



Keep track to help manage your symptoms

Week 1



How bad have the following symptoms been on a scale of 0 to 10? (0 being not experiencing the symptom at all and 10 being very hard to cope with)

m t w t f s s

Anxiety

Fatigue

Difficulty sleeping

Mood swings

Brain fog/ memory loss

Hot Flashes

Nausea

Chills

Night Sweats

Headache

Other (Write here)

Notes:

How did you manage your symptoms?

Did you take any medication?

Week 2



**You're Not alone.
We're here to support you.**

44% of individuals said they felt anxious during perimenopause.
(*Avon, Jul 28, 2020)

m t w t f s s

Anxiety

Fatigue

Difficulty sleeping

Mood swings

Brain fog/ memory loss

Hot Flashes

Nausea

Chills

Night Sweats

Headache

Other (Write here)

Notes:

How did you manage your symptoms?

Did you take any medication?



We can help you navigate this phase of your life

Week 3



46% of women said they did not feel prepared for menopause.
(*Avon, Jul 28, 2020)

m t w t f s s

Anxiety

Fatigue

Difficulty sleeping

Mood swings

Brain fog/ memory loss

Hot Flashes

Nausea

Chills

Night Sweats

Headache

Other (Write here)

Notes:

How did you manage your symptoms?

Did you take any medication?

Week 4



Embrace your journey. We've got your back.

46% of individuals did not expect perimenopause when it started (*Avon, Jul 28, 2020)

m t w t f s s

Anxiety

Fatigue

Difficulty sleeping

Mood swings

Brain fog/ memory loss

Hot Flashes

Nausea

Chills

Night Sweats

Headache

Other (Write here)

Notes:

How did you manage your symptoms?

Did you take any medication?

Get
support

Feeling low or Overwhelmed?

It is important whenever we're thinking about how we feel, that we recognise how the physical symptoms we're experiencing may be impacting on us psychologically also. We should also acknowledge any understandable emotions that we may be experiencing linked to this significant change in our lives.

Know that **you're not alone** in how you are feeling, and although the menopause is a physical change the impact of menopause on our mental health is very real and that **there is support available** for both physical and psychological symptoms.

Useful Organisations:

- NHS Choices
- Women's Health Concern
- The Menopause Exchange
- The British Menopause Society
- The Daisy Network
- Menopause Matters

Get in contact:

 vitahealthgroup.co.uk

 0333 222 0710

 wellness@vhg.co.uk



Scan for
support





Scan for support

