



PERI-MENOPAUSE SYMPTOM

checklist

☹️ Yes this is a big list of symptoms!

~~X~~ No it doesn't mean that you will experience all of them over the 10-15 years of peri-menopause.

✓ Yes you can take charge right now and change how you feel about your peri-menopausal transition.

Take note of the symptoms you DO have and start tracking in your journal, an excel spreadsheet or an app such as Menolife or balance. Empower yourself with knowlege and learn where to make change!

- Changes to periods: frequency, flow, colour, etc
- Reduced/loss of sex drive (libido)
- Vaginal dryness
- Frequent UTI's
- Burning sensation in vagina
- Hot flushes - affecting upper chest, neck & face
- Body overheating at night
- Night sweats
- Headaches/migraines
- Sleep disturbances
- Strange dreams
- Low energy
- Tiredness on waking
- Fatigue

www.rebeccaveryanmillar.com

hello@rebeccaveryanmillar.com





PERI-MENOPAUSE SYMPTOM

checklist

- Weight gain, especially lower abdomen
- Bloating
- Indigestion
- Constipation
- Sweet cravings
- Thinning hair
- Itchy ear canal
- Tinnitus
- Poor gum health
- Bad breath
- Burning or dry mouth
- Itchy skin/hives
- Increased sensitivity to allergens/new allergies
- General skin dryness, especially back of hands
- Cracked heels
- Fungal infections of feet
- Loss of firmness in soles of feet
- All over loss of muscle tone
- Sagging breasts
- Osteoporosis
- Heart palpitations
- Thyroid: hypo/hyper
- Heavy eyes



www.rebeccaveryanmillar.com

hello@rebeccaveryanmillar.com



PERI-MENOPAUSE SYMPTOM

checklist



- Volatile emotions, tears out of nowhere
- Increased irritability/anger
- Depression
- Anxiety
- Memory loss: words, things, what you were doing
- Brain fog
- Poor concentration
- Not feeling like yourself any more
- Wondering if you are going crazy
- Loss of confidence
- Loss of self esteem
- Struggles with body image
- Fear around ageing/mortality
- Unease about lack of purpose/being of use in society

Armed with tracked information on your symptoms, you can...

- Confidently approach your doctor to discuss HRT.
- Make changes to your lifestyle to minimise symptoms.
- Find better ways of coping emotionally, to help you feel better.
- Know what help you need and where to find it so you can move from surviving to thriving.

Book a free, no obligation 20 minute consultation to find out how midlife & menopause mentoring can help you.

[Book here](#)



www.rebeccaveryanmillar.com

hello@rebeccaveryanmillar.com

