

The MENOPAUSE Club

# WHAT'S MY BODY TRYING TO TELL ME?



WORKBOOK

## Introduction

It's very easy as you're struggling with menopausal symptoms to describe how you're feeling as "Blurgh"! A general feeling of not feeling good, feeling tired, emotional, unable to sleep etc. But what are your specifics? Are you feeling the same all the time or do you have good and bad days? What drives these? How do different foods affect you? What's your digestive system like? What's happening to your monthly cycle?

Taking time to listen to what your body is trying to tell you can be really powerful in adapting your behaviour to improve your menopausal symptoms. Recording what your body is telling you can help you spot patterns, triggers and provide you with a huge amount of information to help you make good decisions to look after and help your body through this transition.

This booklet is designed to help you become more aware of all the messages your body is trying to tell you. The symptoms you are feeling are often your body trying to tell you something is missing or you're getting too much of something. Take some time to listen and see what you can find out.

Start completing the booklet as you work and if you subscribe to our community or join our membership club your discoveries will be referred to on a regular basis. This means you'll be able to use what you are learning to make the right decisions for your health and well-being. The menopause can affect us all differently and this is often down to what our bodies need. [Subscribe here for other great freebies and regular emails to help you make the most of this information.](#)



## Signs of Perimenopausal Hormone Imbalance Questionnaire

0 = no problem, 1 = mild symptoms, 2 = severe symptoms, 3 = extremely severe symptoms

Symptoms/Signs	0	1	2	3
Increased Bloating or Digestive Issues				
Cravings				
Reduced Sex Drive				
Anxiety/Over-processing/Panic Attacks				
Feeling Depressed				
Feeling Sad				
Feeling Moody				
Over-reacting to				
Frequent urination				
Stress incontinence (urinary leakage when you laugh, sneeze, jump, run)				
Hot flashes and or night sweats				
Change in bowel movements – constipation/needing to go more				
Irregular periods				
Heavy periods				
Easily Irritated				
Low tolerance of noise				
Memory loss				
Foggy headed/forgetful				
More tearful than usual				
Osteoporosis/increased bone fracture				
Painful intercourse				
Skin changes – spots/pimples				
Skin changes – noticeably aging/more wrinkles				
Itching/crawling skin				
Poor sleep/waking in the night				
Sore breasts				
Stiff or achy joints				
Thinning hair/eyebrows/lashes				
Urinary tract infections				
Vaginal itching				
Change in vaginal odour				
Weight gain especially around the tummy				
Reduced desire to socialise				
Development of allergies				
Poor tolerance of alcohol – small amounts make you feel drowsy or irritable				
Chronic Tiredness				
Feeling excessively tired after eating				
Difficulty in losing weight				

**Simple Monthly Cycle Monitoring:** (write how you feel each day and particular symptoms)

Month:	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

**Detailed Daily Monitoring:**

<b>Date:</b>							
<b>Exercise Completed:</b>							
<b>Food</b>	<b>Breakfast</b>						
	<b>Lunch</b>						
	<b>Dinner</b>						
	<b>Snacks</b>						
	<b>Water</b>						
	<b>Alcohol</b>						
<b>Mood (Please circle)</b>		Excellent	Good	OK	A Bit Low	Very Low	
<b>How did you spend your time today? (add rough %)</b>	Work	Home	Family	Friends	Jobs	Treating yourself	Other
<b>Menopausal Symptoms</b>	What symptoms did you feel today? (How severe were they on a scale of 1-10)						
<b>Digestion</b>	How many times did you poo today?			How did your stomach feel today? (i.e. fine/bloated/needing the loo often)			
<b>Bladder and Pelvic Floor</b>	How many times did you need to wee today?		Did you feel you need to go urgently?		Did you have any pelvic floor issues today? (any leakage/feeling uncomfortable)		