

# Finding **Me** in Menopause Workbook

## Finding **ME** in Menopause

**3 Day Challenge**

**WEBSITE**

[elainecurrycoaching.com](http://elainecurrycoaching.com)



A Workbook to guide you to your Menopause Journey

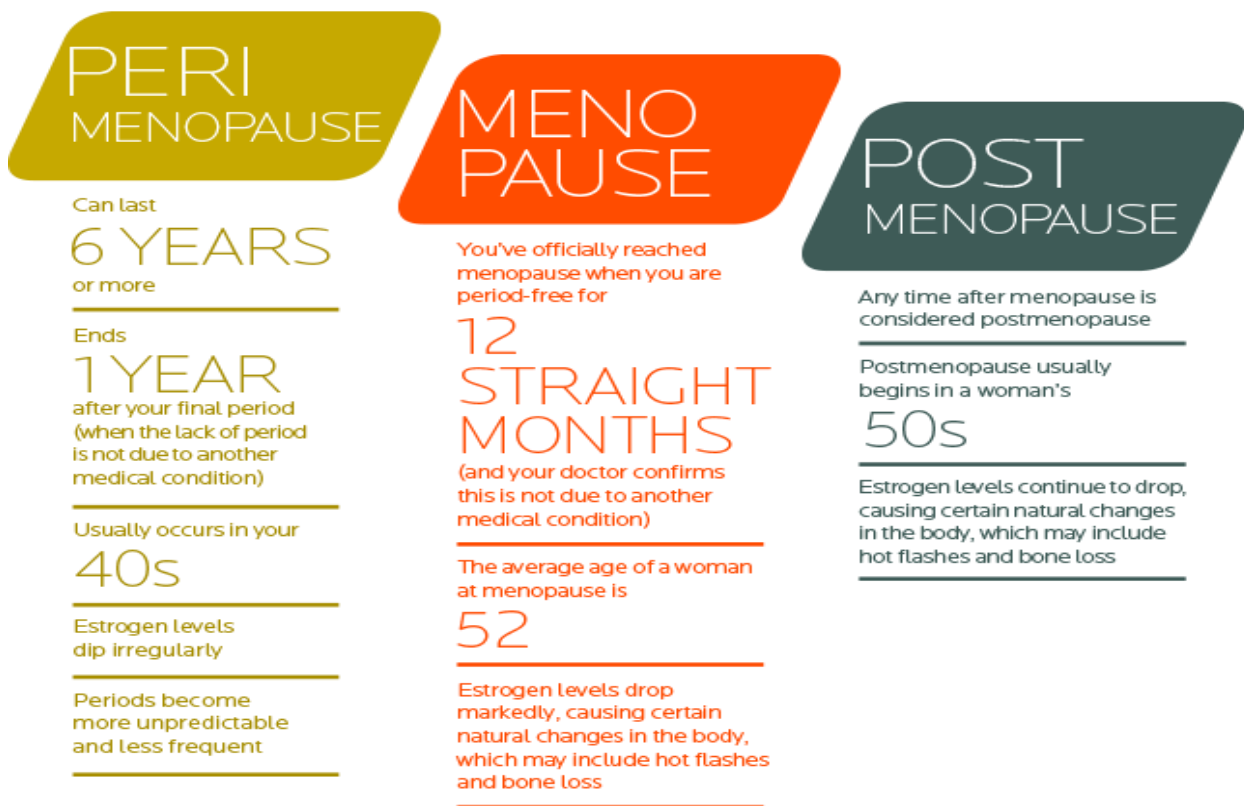


# 1: Introduction – Understanding Menopause

Menopause can be a changing time in a women's life when the body changes and hormones play a big part in how you think, act and feel. Now menopause is talked about more and the change of life doesn't have to be as challenging in a community of like-minded people to reinvent yourself.

It is great you have taken steps to the menopause journey – to better your life for you and your family and friends. I believe every woman deserves a life filled with good health, happiness, joyful moments with love and connection. I want you to live the best life you possibly can with step by step guidance.

Use this workbook to set your menopause plan and intentions and log symptoms you may experience and let it be your road map to finding joy in menopause. It will also help you to navigate your symptoms and address what is important to you. Menopause does not have to be overwhelming. The right information at the right time, you can embrace menopause in a positive way, empower yourself with information and emerge an amazing new you.



**Peri-menopause:** The years surrounding the time when you transition to menopause. It can start as early as your mid to late thirties and last anywhere from four to twelve years. You still have periods even if they are irregular. This means you can still get pregnant. A lot of hormonal fluctuation, and this can cause a wide variety of undesirable changes.

**Menopause:** After 12 consecutive months without a period, you are officially in menopause. Your ovaries stop producing estrogen and progesterone and are no longer ovulating, or releasing an egg each month. The average age of natural menopause is 51, but there is a lot of individual variation. If we approach this phase with positivity and support our bodies with some smart strategies, there's no reason we can't transition beautifully into this next phase of life with confidence.

Elaine xo

## 2. My Menstrual Cycle – Understanding ME in MEnoPAUSE

Please PAUSE to work out your own experience of your menstrual cycle. It is not a tidy stop and start.

Note when did you start your period, what were your periods like. Are you experiencing peri-menopause? Or are you post-menopausal? Listen to your body and what are your observations. (Mind, emotions, food and moods)

PREMENOPAUSE	PERIMENOPAUSE	MENOPAUSE	POSTMENOPAUSE
● <b>Age:</b> puberty to mid-40s	● <b>Age:</b> mid-40s to menopause	● <b>Age:</b> 51 on average	● <b>Age:</b> from menopause onwards
● <b>Symptoms:</b> none	● <b>Symptoms:</b> intense	● <b>Symptoms:</b> mild to intense	● <b>Symptoms:</b> none to mild

Name it with one word			
Age	Age	Age	Age
Observations/ Comments			

## MENOPAUSE

- ▶ **M- Manage** life differently and control your hormones
- ▶ **E- Extra support** and take time out to look at self care
- ▶ **NO - say No** to unimportant things – your navigation system is altering - options and opportunities are available
- ▶ **P - PAUSE** to learn about changes to your body, mind and emotions
- ▶ **A - Access** where you are with symptoms 3 top and score them
- ▶ **U - Understand** 3 stages in of menopause and you are unique no blanket approach to dealing with it
- ▶ **A - Alternative** options need explored
- ▶ **E - Embrace the New You and this stage of life**

EMBRACE stands for Express your feelings, Monitor your symptoms, Be yourself, Replenish your body, Assess the alternatives, Carve out me-time and Energise your life.

### 3. My Menopause Symptoms

Some symptoms on this list may surprise you but may make perfect sense once you start paying attention to your symptoms. We do not usually equate some of these symptoms to menopause but some of them are related. Once you take a look at the list you are in a better position to advocate for your health care with your doctor if you need other tests and support you having conversations with other health professionals.

Mark your symptoms from 1 to 10 for severity. Then think about what you wish to achieve by end of the programme against these symptoms you are experiencing. i.e your sleep is 8/10 severe and you want to improve this to a 2/10

Physical	Now 1-10	Wish 1-10	Mind	Now 1-10	Wish 1-10
Palpitations Panic attacks (E) Fibroids (P) Headaches (P) Nausea (P) Body aches (P) Joint Pain Incontinence Tiredness/ fatigue (T) Poor Sleep (E) (P) Itchy/Tingling Skin Tender Breasts (P) Loss of Muscle Mass(P) Dry/ Thinner skin Hot flushes (E) Night sweats (E) Irregular periods (E) (P) Hair Loss / Thinning (T) Weight Gain (E) (P) Brittle nails (P) Electric shocks Odour change Digestion Gum issues Vagina dryness (E) Bloating (P) Endometriosis (P) Thyroid issues (P) PMS – Bloating More facial hair Deeping voice Breathlessness Dry eyes Faintness			Anxiety (P) (T) Distorted Thoughts (P) Too many thoughts (P) Memory lapses (E/T) Loss of libido (T) Confusion Poor attention Difficulty remembering (T) Fatigue PMS (P) Forgetful Low confidence Difficulty concentrating		

Women’s emotions are affected during hormone changes and all the physical symptoms that women experience can alter their moods, with more irritability, tension, depression, sadness, anger and rage rising to the surface. Please assess which symptoms below you are currently experiencing and what you wish to be at.

Mark your symptoms from 1 to 10 for severity. Then think about what you wish to achieve by end of the programme against these symptoms you are experiencing. i.e your overwhelm is 8/10 severe and you want to improve this to a 3/10.

<b>Emotions</b>	<b>Now 1-10</b>	<b>Wish 1-10</b>	<b>Behaviour</b>	<b>Now 1-10</b>	<b>Wish 1-10</b>
Mood swings (E) (P) Low mood- unhappy Depression (P) (T) Lonely Socially withdrawn Sadness Overwhelm Increased worry/ anxiety Low Self-esteem (E) (T) Feel nervous Emotional			Irritable (P) (Music, TV, Spaces) Rage (P) Triggered easily Angry/ Moody (P) Withdrawn/ Disengaged Tearful Inpatient Aggressive Frazzled Compulsive Over/ Under eating Drug/ Alcohol Use / Self-medicating Loss of sex drive Lost interest Relationship breakups Overwhelm Mask feelings Addictions Drive less Lose Interest in life, Distant /avoid More sick days Forget how to cook Eating change Struggling Visit Dr more		

## 4. What hormones could I be low in?

Let's see what hormones you have identified what you are deficient in. Count the P's, E's and T's on the symptoms assessment page.

Hormone	How many	Symptoms	Comments
Estrogen			
Progesterone			
Testosterone			

Current treatments

Treatment tried?	How long for?	Effects on your body?

Treatments wanting to try?

Questions about hormones you might have for your GP?

## 5. My Top 10 Symptoms

Now get more specific what are the top 10 symptoms you are experiencing?

Symptoms	Length of time you have been experiencing this	How Severe are they? 1-10
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

What impact are these symptoms having on your life?

My top 3 priority symptoms I want to prioritise and master:

1.

2.

3.



Why I want to master these symptoms – what does it mean to me?



## 6. Set Intentions

- ▶ Why do you want to master your hormones?
- ▶ What impact will it have on your life?
- ▶ What motivates you? Why you want to master your symptoms - what does it mean to you?
- ▶ What does your life look like in **5 years**? What would bring you JOY? Your perfect life? **Long term goals.**

## 7. Menopause Wellness Wheel Self-Assessment

The Menopause Wellness Wheel illustrates a wellness model with six dimensions women need to address to have good wellness: Mental and Emotional health, Health & Wellness, Career & Finances, Spirituality and Lifestyle. All of the 6 dimensions are interconnected and important to a well-rounded and balanced lifestyle during menopause.

One way of addressing self-care is to look at the Menopause Wellness Wheel to examine different areas of our lives and, by making adjustments and changes, we can improve our overall health in so many ways. We become happier and healthier, which can help us to lead more fulfilling and enjoyable lives.



At a glance, please rate on the diagram above the 6 areas according to how well you think you are doing 1-10.

## 8. Understand My Stress Bucket – Thinking about my Cortisol Levels

Q: What 3 things cause you most stress?

Q: What is causing you the most stress at the moment?

(Write down and share)



Q: How do you DEAL with stress?

Q: What 3 things could you do to reduce your stress and cortisol levels?

## 9. Health & Wellness

### Monitoring Your Top 3 Symptoms and **IMPROVE** Gut, Brain, Hormones, Immunity and Energy

DAY	Breakfast	Main Meal Lunch (preferred time 12-3pm)	Dinner	Snacks	Hydrate Drinks Water	Supplements Vitamins Medication HRT	Top 3 symptoms to improve			Observations
							1	2	3	
MONDAY										
TUESDAY										
WEDNESDAY										
THURSDAY										
FRIDAY										
SATURDAY										
SUNDAY										
Average Weekly Score (1-10)										

## 10. Menopause Self-care Plan

Use the following pages to plan your weeks and set your daily goals, intentions, and reflections.

Daily goals will help you get a clear picture of your daily plans are and help you stay on track.

**ACTION:**

- Take particular note of anything you would like to include more in your life in each of the 6 areas:

Score	Need more of...	Need help with
<b>Mind &amp; Emotions</b>		
<b>Health &amp; Wellness:</b> Energy and Body & Gut		
<b>Relationships:</b> Love & Connections		
<b>Career:</b> Work, Finance, Life Purpose		
<b>Spirituality:</b> Values, Meaning & Identity		
<b>Lifestyle:</b> Socialising & Recreation		

**Self-care is making yourself a priority.**

## 11. Learning and Reflection

What are your observations and reflections from this challenge?

Did you start any new habits?

Did you unlearn any habits?

Who do you need further support with any area?

What do I need to ask my Doctor?

## 12. Further Support

This workbook is a good start to supporting your menopause journey. Menopause is a time of our lives where we should celebrate and the more we know the better our menopause experience will be. As a menopause support wellness coach, I help women navigate their menopause journey and all things midlife.

If you would like to schedule a free 30 minute consultation to discuss your journey and how I can help you navigate menopause better please don't hesitate to contact me.

- **1-1 Coaching** to guide you on your life path, give clarity and menopause transformation.
- **Finding Joy in Menopause – 12 Week Programme (Group)**
- **Re-treat:** Connecting like-minded women together to nourish the soul, gain clarity, build a new you with an empowered life-changing retreat.
- **Contact Details: Elaine Curry**

**UK phone: 07967 522472**

**Email: [info@elainecurrycoaching](mailto:info@elainecurrycoaching)**

**Facebook Page: Elaine Curry Coaching**

**Website: [www.elainecurrycoaching.com](http://www.elainecurrycoaching.com)**



Thank you for letting me be being part of your Menopause Journey. Please keep up your new habits to control your hormones to optimise your long- term health. Reach out whenever you need that extra helping hand.

**Elaine xo**

