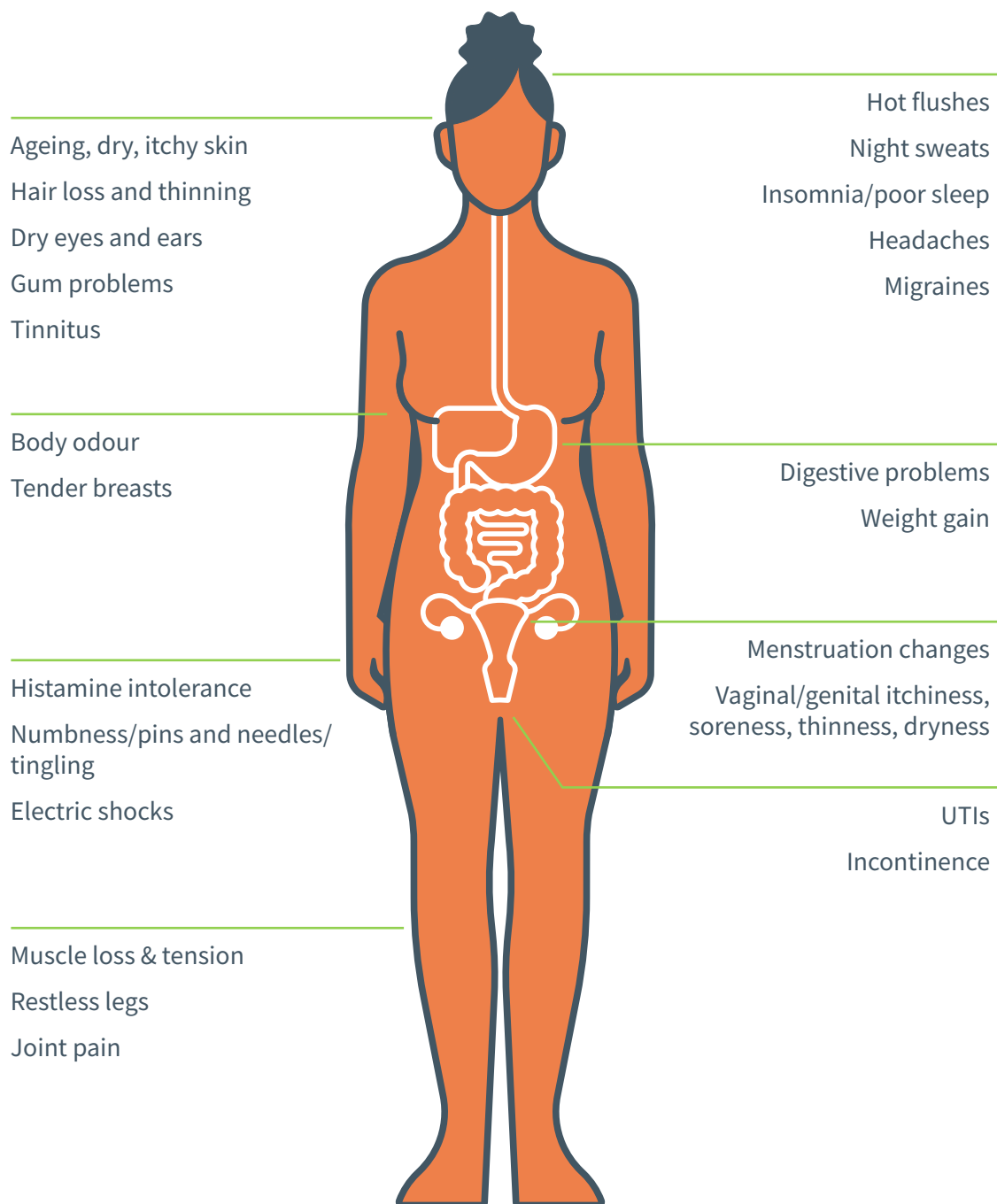


MENOPAUSE SIGNS



This is a comprehensive list of all of the signs associated with menopause. Some people will experience multiple changes, some aspects will come and go.

It is unusual for someone to experience the majority of these signs. Normally after 2-3 years, these symptoms will fade once the hormones rebalance.



MENOPAUSE SIGNS



Psychological

- Anxiety & stress
- Lethargy
- Low mood
- Depression
- Dizzy spells
- Irritability
- Libido changes
- Feeling sensitive and teary
- Explosive rage
- Less trusting of others
- Low self-esteem
- Social anxiety
- Palpitations
- Panic attacks
- Loss of confidence



Cognitive

- Daytime fatigue
- Poor concentration
- Poor attention to detail
- Memory lapses
- Reduced vocabulary
- Muddling up words
- Slower processing

An Interconnected Experience

In menopause, the mind and body are interconnected. When the mind is stressed, so is the body and, likewise, the reverse is also true. Poor sleep will affect brain function and trigger anxiety. Anxiety can bring on palpitations and feelings of nausea. Low mood may trigger poor eating habits and, in turn, trigger night sweats.

During menopause, it's important to look after both the body and the mind. It's a great opportunity to discover health and introduce positive habits.