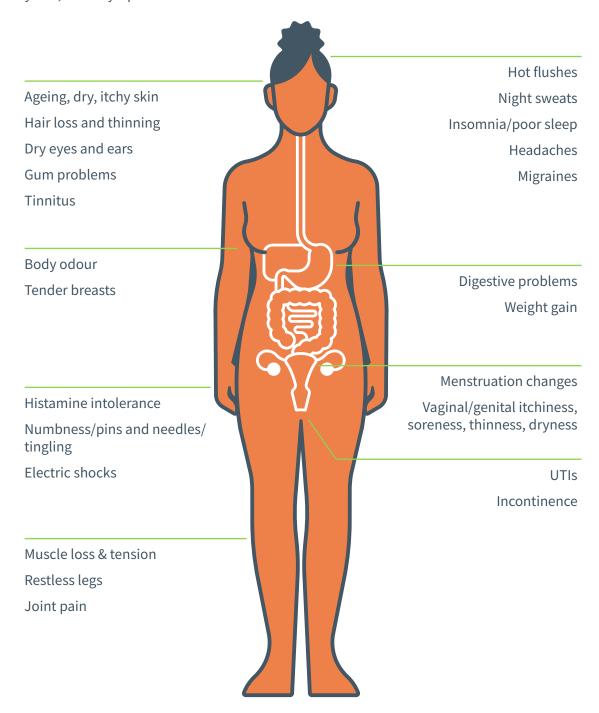
MENOPAUSE SIGNS



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.



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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.