



### Menopause Awareness Reflection Questions

This reflection tool is designed to help you think about possible changes your body may be going through associated with perimenopause or menopause. It is not a diagnosis, but an opportunity to consider whether additional support and guidance may be helpful for you.

Question	Yes	No	Maybe	Not Sure
Have you noticed changes in your menstrual cycle, such as irregular periods, heavier or lighter flow, or skipped cycles?				
Do you ever experience sudden daytime heat (hot flashes) or nighttime sweats that disturb your sleep?				
Have you found it more difficult to get quality sleep or stay asleep through the night? Do you wake up and cannot seem to go back to sleep?				
Have you noticed that there are changes to your mood (mood swing), increased irritability, or a feeling of anxiety or sadness that feels new or stronger than before?				
Do you experience challenges with memory (forgetfulness), loss of focus, or what is commonly called “brain fog”?				
Have you noticed changes in your weight, energy levels or body composition that do not seem to respond to your usual routines?				
Do you sometimes feel a drop in confidence, self-esteem, or motivation compared to how you used to feel?				
Have you noticed changes in your sexual health, such as reduced libido, vaginal dryness, discomfort and physical changes to the look of your clitoris, labia majora, and labia minora (lips of the vagina).				
Do you feel that your symptoms are beginning to affect your work, relationship, or daily life?				
Would having a safe space to talk, learn, and explore supportive strategies for this stage of life make you feel more empowered?				

If several of these questions resonate with you, it may be beneficial to explore additional education, support or coaching to better understand and navigate this stage of life.