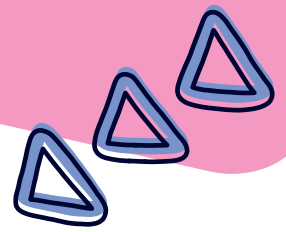


Menopause, mental health, *and me*

Mental
Health
UK



Menopause Symptom Tracker

This can be used to monitor symptoms and is worth doing regularly to assess how symptoms change with time or with treatment. We have split up the symptoms into 4 areas:

Physical

physical things
happening to
your body

Emotional

how you
are feeling

Cognitive

thinking,
reasoning, and
remembering

Behavioural

changes to
your behaviour

We recognise that many of these changes may impact each other. For example, you may find that losing interest in sex is causing more arguments with your partner or that feeling confused and unable to remember things may make you feel anxious and cause low moods.

We have included space for you to make a note of any other changes which you've noticed that you might want to speak to your GP about. If you're living with bipolar disorder, anxiety, or schizophrenia for example, it might be useful to include information about any changes you may have noticed in your condition.



Please turn over to fill in your tracker.



Find out more

mentalhealth-uk.org/menopause

Please indicate the extent which you experience any of these symptoms by placing a tick in the appropriate box:

	Not at all	A little	Quite a bit	Extremely	Comment
Physical symptoms					
Heart beating quickly or strongly	☐	☐	☐	☐	
Feeling dizzy or faint	☐	☐	☐	☐	
Pressure or tightness in your head	☐	☐	☐	☐	
Tinnitus (ringing or buzzing in your ear)	☐	☐	☐	☐	
Headaches (including changes to migraines if you have them)	☐	☐	☐	☐	
Muscle and joint pains	☐	☐	☐	☐	
Pins and needles in any part of your body	☐	☐	☐	☐	
Breathing difficulties	☐	☐	☐	☐	
Hot flushes	☐	☐	☐	☐	
Restless legs	☐	☐	☐	☐	
Skin problems such as dry skin, itching, crawling sensations	☐	☐	☐	☐	
Breast pain or tenderness	☐	☐	☐	☐	
Sweating at night	☐	☐	☐	☐	
Urinary symptoms (including having more attacks of cystitis/UTIs)	☐	☐	☐	☐	
Symptoms due to vaginal dryness (including itching, burning, or painful/uncomfortable sex)	☐	☐	☐	☐	
Any other physical changes you are noticing?	☐	☐	☐	☐	
Emotional symptoms					
Feeling tense or nervous	☐	☐	☐	☐	
Anxiety and/or panic attacks	☐	☐	☐	☐	
Mood swings	☐	☐	☐	☐	
Feeling unhappy or depressed	☐	☐	☐	☐	
Any other changes to how you are feeling?	☐	☐	☐	☐	
Cognitive symptoms					
Memory problems	☐	☐	☐	☐	
Difficulties in concentrating	☐	☐	☐	☐	
Brain fog	☐	☐	☐	☐	
Any other changes to the way your brain is working?	☐	☐	☐	☐	
Behavioural symptoms					
Feeling tired or lacking in energy	☐	☐	☐	☐	
Loss of interest in most things	☐	☐	☐	☐	
Difficulty sleeping	☐	☐	☐	☐	
Loss of interest in sex	☐	☐	☐	☐	
Crying spells	☐	☐	☐	☐	
Increased irritability, getting into more arguments	☐	☐	☐	☐	
Any other changes to your behaviour?	☐	☐	☐	☐	