Is It *Perimenopause?*

A symptom and mood check-in for women in their late 30s, 40s and 50s who just don't feel like themselves.

You're not losing it. *Your hormones are shifting.*

Perimenopause is the transition leading up to menopause, when estrogen and progesterone start rising and falling unpredictably. It can bring hot flashes and irregular periods, but for many women the first signs are emotional: anxiety out of nowhere, a much shorter fuse, 3am wake-ups, brain fog, or feeling flat and unlike yourself.

Because those changes can start years before periods stop, they're easy to blame on stress, parenting or "just getting older." This check-in can help you notice patterns and bring clear information to your doctor.

40s

When perimenopause usually begins, though it can start in your late 30s.

4+ years

How long it often lasts. For some women, it's closer to 10.

~51

The average age of menopause, defined as 12 months in a row without a period.

How to use it

1. On page 2, mark how often you've noticed each change **in the past month**.
2. Use the tracker on page 3 for the next 12 weeks to spot patterns with your cycle, sleep and mood.
3. Read page 4 for next steps, and bring pages 2 and 3 to your doctor.

> This check-in is not a diagnosis. Many of these symptoms can also come from thyroid changes, anemia, medications, stress or depression, so talk with your doctor about anything you notice.

What have you *noticed?*

Fill in one circle for each change, thinking about the past month.

Your cycle

In the past month...	NOT AT ALL	SOMETIMES	OFTEN	MOST DAYS
Periods that come closer together or further apart	○	○	○	○
Heavier, lighter or longer periods than usual	○	○	○	○
Skipped periods	○	○	○	○
PMS that feels worse than it used to	○	○	○	○

Your body

In the past month...	NOT AT ALL	SOMETIMES	OFTEN	MOST DAYS
Hot flashes or sudden waves of heat	○	○	○	○
Night sweats	○	○	○	○
Heart racing or pounding out of nowhere	○	○	○	○
Achy joints or muscles	○	○	○	○
Headaches or migraines that are new or worse	○	○	○	○
Vaginal dryness or discomfort during sex	○	○	○	○
Needing to pee more often or leaking	○	○	○	○

Sleep & energy

In the past month...	NOT AT ALL	SOMETIMES	OFTEN	MOST DAYS
Trouble falling or staying asleep	○	○	○	○
Waking up at 3am wide awake	○	○	○	○
Feeling exhausted even after sleeping	○	○	○	○

Mind & mood

In the past month...	NOT AT ALL	SOMETIMES	OFTEN	MOST DAYS
Anxiety or worry that seems to come out of nowhere	○	○	○	○
Irritability or rage that feels bigger than the situation	○	○	○	○
Feeling sad, flat or down	○	○	○	○
Crying more easily than usual	○	○	○	○
Brain fog, losing your train of thought or forgetting words	○	○	○	○
Lower interest in sex	○	○	○	○
Feeling less confident or less like yourself	○	○	○	○

How many did you mark
"Often" or "Most days"? _____

How many of those were in
Mind & mood? _____

12-week *pattern tracker*

Fill in one row a week. Patterns over time tell you (and your doctor) much more than one bad day.

Rate 1–5: 1 = great, 5 = really hard **Period:** write the dates, or "none"

WEEK	PERIOD DATES	SLEEP (1–5)	MOOD (1–5)	ANXIETY OR IRRITABILITY (1–5)	HOT FLASHES OR NIGHT SWEATS (HOW MANY?)	NOTES
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						

What your answers *might mean*

If you've had thoughts of harming yourself

Please reach out today. **Call or text 988** (Suicide & Crisis Lifeline, 24/7), or call 911 if you're in immediate danger. Depression risk goes up during perimenopause, and you deserve support right now.

You marked several "Often" or "Most days" answers

Your symptoms are worth a conversation with your doctor, ideally one who's comfortable treating perimenopause. Bring this check-in and your tracker. The Menopause Society's website (menopause.org) has a directory of certified practitioners.

Most of your "Often" answers were in Mind & mood

Hormone shifts can bring on anxiety, low mood and irritability, even in women who've never struggled with them before. If those changes have lasted 2 weeks or more, or they're affecting your work, parenting or relationships, talk to your doctor and consider therapy too. Both can help.

Questions to bring to your appointment

- Could my symptoms be perimenopause, and what else should we rule out?
- What are my options for treating hot flashes, sleep and mood, with and without hormones?
- How might perimenopause interact with my current medications or past health history?

You're not "too much." *You're in transition.*

Lotus Rose Counseling helps women navigate the anxiety, mood changes and identity shifts that can come with this season of life, in person and by telehealth. Reach out when you're ready.

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