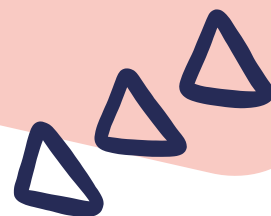


Menopause, mental health, *and me*

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.**



*How do I
really feel?*

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?					