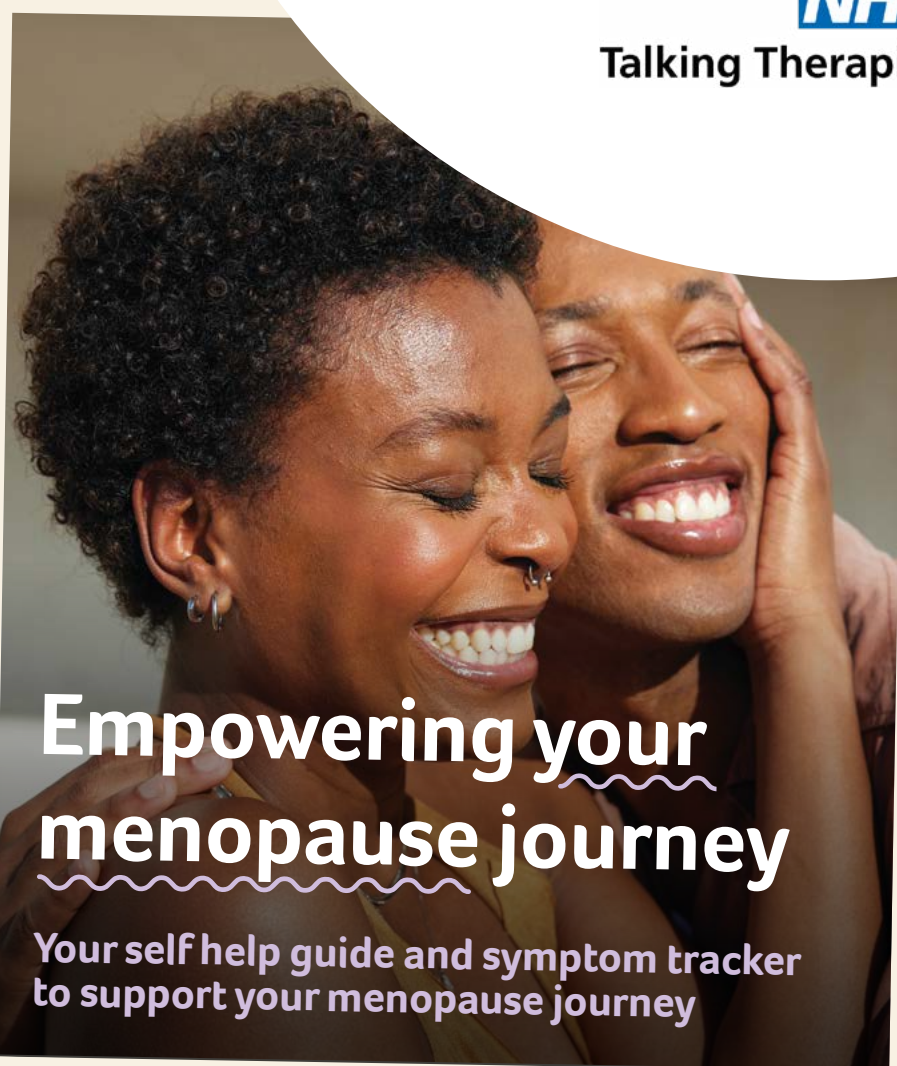


A close-up photograph of a Black woman and a Black man smiling and embracing each other. The woman is in the foreground, looking down and smiling, with her eyes closed. The man is behind her, also smiling, with his hand on her shoulder. The background is a plain, light-colored wall.

Empowering your menopause journey

Your self help guide and symptom tracker
to support your menopause journey

Vitahealthgroup.co.uk

Services provided by

Embrace your journey

It may be that you are breezing through a problem-free menopause, however most experience some symptoms ranging from mild to severe.

Hot flushes are the most common symptom of the menopause, occurring in three in every four menopausal individuals. Other common symptoms include night sweats, sleeplessness, vaginal dryness, irritated skin, more frequent urinary incontinence and urinary tract infections, low mood, and a reduced interest in sex.

Symptoms vary hugely in duration, severity and what impact they have between individuals.

Common Menopause symptoms:



Anxiety



Fatigue



Difficulty sleeping



Mood swings



Brain fog/
memory loss



Hot Flushes



Nausea



Chills



Night Sweats



Headache



Keep track to help manage your symptoms

How bad have the following symptoms been on a scale of 0 to 10? (0 being not experiencing the symptom at all and 10 being very hard to cope with)

	m	t	w	t	f	s	s
Anxiety							
Fatigue							
Difficulty sleeping							
Mood swings							
Brain fog/ memory loss							
Hot Flushes							
Nausea							
Chills							
Night Sweats							
Headache							
Other (Write here)							

Notes:

How did you manage your symptoms?

Did you take any medication?

Week 1

Week 2



**You're Not alone.
We're here to support you.**

44% of individuals said they felt anxious during perimenopause.
(*Avon, Jul 28, 2020)

m t w t f s s

Anxiety

☐ ☐ ☐ ☐ ☐ ☐ ☐

Fatigue

☐ ☐ ☐ ☐ ☐ ☐ ☐

Difficulty sleeping

☐ ☐ ☐ ☐ ☐ ☐ ☐

Mood swings

☐ ☐ ☐ ☐ ☐ ☐ ☐

Brain fog/ memory loss

☐ ☐ ☐ ☐ ☐ ☐ ☐

Hot Flashes

☐ ☐ ☐ ☐ ☐ ☐ ☐

Nausea

☐ ☐ ☐ ☐ ☐ ☐ ☐

Chills

☐ ☐ ☐ ☐ ☐ ☐ ☐

Night Sweats

☐ ☐ ☐ ☐ ☐ ☐ ☐

Headache

☐ ☐ ☐ ☐ ☐ ☐ ☐

Other (Write here)

☐ ☐ ☐ ☐ ☐ ☐ ☐

Notes:

How did you manage your symptoms?

Did you take any medication?



**We can help you navigate
this phase of your life**

46% of women said they did not feel prepared for menopause.
(*Avon, Jul 28, 2020)

m t w t f s s

Anxiety

☐ ☐ ☐ ☐ ☐ ☐ ☐

Fatigue

☐ ☐ ☐ ☐ ☐ ☐ ☐

Difficulty sleeping

☐ ☐ ☐ ☐ ☐ ☐ ☐

Mood swings

☐ ☐ ☐ ☐ ☐ ☐ ☐

Brain fog/ memory loss

☐ ☐ ☐ ☐ ☐ ☐ ☐

Hot Flashes

☐ ☐ ☐ ☐ ☐ ☐ ☐

Nausea

☐ ☐ ☐ ☐ ☐ ☐ ☐

Chills

☐ ☐ ☐ ☐ ☐ ☐ ☐

Night Sweats

☐ ☐ ☐ ☐ ☐ ☐ ☐

Headache

☐ ☐ ☐ ☐ ☐ ☐ ☐

Other (Write here)

☐ ☐ ☐ ☐ ☐ ☐ ☐

Notes:

How did you manage your symptoms?

Did you take any medication?

Week 3

Week 4



Embrace your journey. We've got your back.

46% of individuals did not expect perimenopause when it started (*Avon, Jul 28, 2020)

m t w t f s s

Anxiety

☐☐☐☐☐☐☐

Fatigue

☐☐☐☐☐☐☐

Difficulty sleeping

☐☐☐☐☐☐☐

Mood swings

☐☐☐☐☐☐☐

Brain fog/ memory loss

☐☐☐☐☐☐☐

Hot Flashes

☐☐☐☐☐☐☐

Nausea

☐☐☐☐☐☐☐

Chills

☐☐☐☐☐☐☐

Night Sweats

☐☐☐☐☐☐☐

Headache

☐☐☐☐☐☐☐

Other (Write here)

☐☐☐☐☐☐☐

Notes:

How did you manage your symptoms?

Did you take any medication?

Feeling low or Overwhelmed?

Self Refer

We provide a range of evidence based talking therapies to help you better navigate this phase of your life and embrace your journey .

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).

Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.

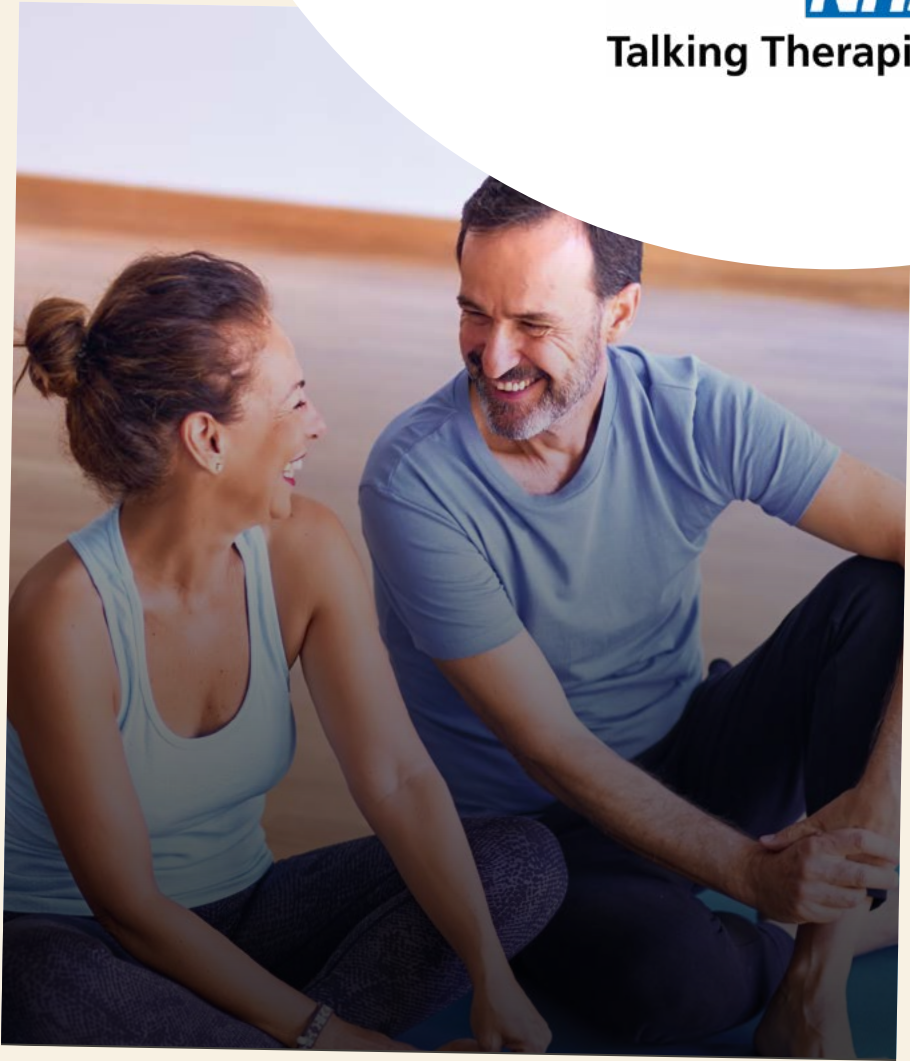
Contact us today - it is a **FREE** and confidential service.

 vitahealthgroup.co.uk



Scan to self refer





**Embrace
Your
Journey**



vitahealthgroup.co.uk

Making People Better

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