

MENOPAUSE CHECKLIST



MIND & MOOD

- Mindfulness:** Practice 10 minutes of focused breathing or a guided meditation.
- Journaling:** Write down your thoughts, feelings, or symptoms for the day to identify patterns.
- Cognitive Exercises:** Complete a brain-training puzzle or a memory game.
- Digital Detox:** Unplug from screens for at least 30 minutes before bed.
- Gratitude:** Write down three things you are grateful for today.

BODY & MOVEMENT

- Hydration:** Drink a full glass of water upon waking.
- Gentle Movement:** Go for a brisk walk, do some gentle stretching, or practice yoga.
- Strength Training:** Engage in a short session of weight-bearing exercise to support bone health.
- Cool Down:** Use a cool compress or a fan to manage hot flashes.
- Nourishment:** Eat a meal rich in lean protein and healthy fats to balance your blood sugar.

REST & RECHARGE

- Consistent Sleep:** Go to bed and wake up at the same time, even on weekends.
- Bedtime Ritual:** Create a relaxing routine before bed (e.g., warm bath, reading a book).
- Optimal Sleep Environment:** Ensure your bedroom is dark, cool, and quiet.
- Limit Stimulants:** Avoid caffeine and alcohol in the evening.
- Prioritise Rest:** Schedule a short rest or nap if you feel low on energy.

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