

Menopause – A starting point

This is a guide for when things feel unfamiliar, unsettled, or hard to name. Menopause is not one single moment. It is a transition that can begin long before periods stop. For some people it arrives gradually, for others it can feel sudden. There is no one right way to experience it, everyone's menopause is different.

What you might notice:

You may notice changes in sleep, mood, periods, energy, confidence, memory, body temperature, or a sense that you do not quite feel like yourself. You do not need every symptom for your experience to be valid.

What may help:

Start by noticing patterns; what you do not track, you cannot measure. Keep things simple. Write down what is changing, what feels manageable, and what feels disruptive. Clear information and steady support matter more than trying to fix everything at once.

When to seek support:

If symptoms are affecting your day-to-day life, whether it's work, rest, or relationships, it is worth asking for support. You do not need to wait until things feel unbearable.

Questions you may want to ask a clinician:

- Could this be perimenopause or menopause?
- What support options are available?
- What should I monitor over the next few months?



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

