

Menopause Symptoms Tracker

| SYMPTOM | YES | NO | DETAILS |
|--|-----|----|---------|
| Heart beating quickly or strongly | | | |
| Feeling tense or nervous | | | |
| Difficulty in sleeping | | | |
| Memory problems | | | |
| Attacks of anxiety, panic | | | |
| Difficulty in concentrating | | | |
| Feeling tired or lacking in energy | | | |
| Loss of interest in most things | | | |
| Feeling unhappy or depressed | | | |
| Crying spells | | | |
| Irritability | | | |
| Feeling dizzy or faint | | | |
| Pressure or tightness in head | | | |
| Tinnitus (ringing or buzzing in the ear) | | | |
| Headaches | | | |
| Muscle and joint pains | | | |
| Pins and needles in any part of the body | | | |
| Breathing difficulties | | | |
| Hot flushes | | | |
| Sweating at night | | | |
| Loss of interest in sex | | | |
| Urinary symptoms | | | |
| Symptoms due to vaginal dryness | | | |

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