

The Perimenopause Survival Checklist

SLEEP ESSENTIALS

☐

- ▣ Sleep mask for light blocking
- ▣ Blackout curtains or eye mask
- ▣ Essential oils (lavender, chamomile) for relaxation
- ▣ Cooling mattress pad or fan
- ▣ Comfortable, breathable sleepwear

SUPPLEMENTS & VITAMINS

☐

- ▣ Vitamin D3
- ▣ Vitamin B12
- ▣ Magnesium (for sleep and mood)
- ▣ Dong Quai (traditional herb for hormonal balance).
- ▣ Omega-3 supplements
- ▣ Calcium (for bone health)

MOVEMENT & BONE HEALTH

☐

- ▣ Daily walking routine (20-30 minutes)
- ▣ Weight-bearing exercises
- ▣ Yoga or stretching routine
- ▣ Resistance bands or light weights

BODY CARE

☐

- ▣ High-quality moisturizer for itchy skin
- ▣ Magnesium cream (apply to feet before bed for better sleep)
- ▣ Vaginal lubricant/moisturizer
- ▣ pH-balanced feminine wash
- ▣ Good antiperspirant/deodorant
- ▣ Cooling facial mist

INTIMACY & PLEASURE

☐

- ▣ Open conversation with partner about changes
- ▣ Quality vibrator or preferred intimate products
- ▣ Patience with yourself and your changing body

PERIOD PREP

☐

- ▣ Extra pads/tampons for unexpected periods
- ▣ Period tracking app or journal
- ▣ Symptom tracker for patterns
- ▣ Emergency period kit for purse/car

COMMUNICATION

☐

- ▣ Honest conversation with family about what you're experiencing
- ▣ Support system of friends going through similar changes
- ▣ Healthcare provider who listens and understands perimenopause

MENTAL HEALTH

☐

- ▣ Stress management tools (meditation, journaling)
- ▣ Therapy or counseling if needed
- ▣ Books or resources about perimenopause
- ▣ Community or support groups

ENERGY & NUTRITION

☐

- ▣ Blood sugar stabilizing snacks
- ▣ Plenty of water for hydration
- ▣ Limit caffeine if it affects sleep.
- ▣ Anti-inflammatory foods

EMERGENCY KIT

☐

- ▣ Portable fan or cooling towel
- ▣ Change of clothes (for unexpected sweats)
- ▣ Dry shampoo for hormone hair days
- ▣ Emergency chocolate (because sometimes you just need it)