

MENOPAUSE STRESS MANAGEMENT TOOLKIT

This toolkit works alongside the Menopause Stress Management Guide. It helps you implement the 5-step framework through practical worksheets and reflection tools.

Developed by **Menolux Health & Wellness Coaching & Consultancy** to support your menopause journey.



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A Word from Menolux

Menopause is not the end—it's a powerful new beginning.

At Menolux, we believe in reclaiming your rhythm, wellness, and joy. This toolkit serves as your safe space during this transformative journey.

"Let's Normalize Menopause."



Daily Trigger Log



Track your stress triggers and responses daily to identify patterns over a full week.

DATE & TIME	TRIGGER	MY REACTION	HOW I RESPONDED
Day 1:			
Day 2:			
Day 3:			
Day 4:			
Day 5:			
Day 6:			
Day 7:			

Use this log daily to track menopause-related stress triggers and your responses throughout the week.

Menopause Stress Inventory (MSI)

Rate each statement from 1 (Not at all true) to 5 (Very true).

1 Daily Responsibilities

I feel overwhelmed by daily responsibilities.

Score (1-5): _____

2 Unexplained Fatigue

I often experience unexplained fatigue.

Score (1-5): _____

3 Emotional Changes

My emotions change quickly and unpredictably.

Score (1-5): _____

4 Self-Connection

I feel disconnected from my sense of self.

Score (1-5): _____

5 Physical Tension

I experience frequent tension in my body.

Score (1-5): _____

TOTAL SCORE: _____ (Add all scores from above)

5-10: Minimal stress impact | 11-15: Mild stress | 16-20: Moderate stress | 21-25: High stress levels

Weekly Stress Reset Planner



Movement

Set a small, achievable movement goal for the week.

My goal:

When I'll do it:



Nutrition

Plan one nutrition improvement to focus on this week.

My focus:

How I'll implement:



Mental & Emotional Health

Choose one practice to support your emotional wellbeing.

My practice:

When I'll practice:



Connection

Plan one meaningful social interaction this week.

Connection plan:

With whom:

Monthly Reflection & Resilience Tracker

1

1. Successes

What worked well this month?

2

2. Challenges

What challenges did I face?

3

3. Stress Levels

How did my stress levels change?

4

4. Habits

What lifestyle habits did I stick to?

5

5. Next Month

What to continue, adjust, or release?
