

My Menopause Journey

Understanding how symptoms affect the body and mind

Use this body map to draw, write or annotate your experiences.

There are no right or wrong answers – everyone's journey is different.

Share
Learn
Support
Thrive 



Head and mind

(memory, focus, mood, confidence, anxiety, brain fog)



Sleep

(insomnia, disturbed sleep, feeling unrefreshed)



Heat and sweating

(hot flushes, night sweats)



Heart

(palpitations, changes in blood pressure)



Bladder health

(frequency, urgency, leaks)



Energy levels

(fatigue, low motivation)



Digestion

(bloating, nausea, changes in appetite)



Sexual health

(libido, vaginal dryness, comfort)



Joints and muscles

(aches, stiffness, pain)



Confidence and relationships

(self-esteem, body image, connections with others)



What symptom affects me most?



What helps me manage symptoms?



What support would make a difference?

Together we can create a more menopause-friendly workplace 

CONVERSATION | UNDERSTANDING | SUPPORT | POSITIVE CHANGE