

5 THINGS YOU CAN DO NOW...

Regardless of Age or Stage!

WALK

Walking is easy, free and has a multitude of health benefits. If you don't have an exercise routine, start walking now.

SLEEP

Don't sleep on the importance of sleep. Sleep is as essential to your health as oxygen and water. As you age, your "snap back/recovery" ain't what it used to be. With symptoms like brain fog, insomnia and early waking, you need as much sleep as possible for optimal health and to be fully functional.

PAY ATTENTION TO YOUR "SELF"

Your body will undergo subtle changes that you may not have associated with menopause if you were not fully aware of all of the symptoms. Remember that your "self" includes your mind, body and spirit. There are major lows that can occur as your estrogen levels decrease.

JOURNAL

Keep track of your symptoms (severity, duration, date). Write down your questions. The more detailed and articulate you are in your conversations with your healthcare providers, the better care you will receive.

GET INFORMED & SEEK HELP, WHEN NECESSARY

Ask questions. Read more. Consult your healthcare provider and or your Menopause Doula. Know what your treatment options are. You don't have to go it alone or suffer in silence!