

# Menopause Symptoms Tracker

If you need to consult your GP or a health professional you may find it useful to go prepared knowing what symptoms may be caused by the menopause and what symptoms you are experiencing. Keeping a detailed record will help you track the effectiveness of any treatment natural or otherwise. The boxes below are interactive, click on the small box and a tick will appear, you can type text in the longer box, such as frequency notes.

## Psychological

- Mood swings
- Difficulty concentrating
- Memory problems
- Brain fog
- Low mood
- Anxiety
- Feeling tense or nervous
- Attacks of anxiety or panic
- Loss of interest in most things
- Depression
- Crying spells
- Irritability
- Loss of confidence
- Reduced self-esteem
- Loss of interest in sex
- Reduced level of arousal

## Notes