



# Could Hormonal Changes Be Affecting My Mental Health?

## A SELF-ASSESSMENT & REFLECTION CHECKLIST FOR PERIMENOPAUSE AND MENOPAUSE

Hormonal changes can influence how we feel emotionally, think, sleep, and cope with stress. This checklist can help you identify patterns and start meaningful conversations with your healthcare provider or therapist.



**IMPORTANT NOTE:** Every person's experience is unique. Symptoms should never be dismissed or assumed to be caused by hormones alone. Emotional and physical symptoms can be influenced by multiple factors, including stress, sleep, medications, medical conditions, life transitions, trauma history, and overall health.

*This checklist is not intended to diagnose a medical or mental health condition.*



### 1 EMOTIONAL CHANGES

- Increased anxiety
- Irritability
- Mood swings
- Tearfulness
- Feeling overwhelmed
- Increased sensitivity
- Feelings of sadness
- Low motivation
- Less interest in things
- Changes in confidence or self-esteem
- Increased self-criticism
- Feelings of grief or loss
- Increased stress
- Burnout
- Emotional exhaustion



### 2 SLEEP & ENERGY CHANGES

- Difficulty falling asleep
- Difficulty staying asleep
- Waking up early
- Night sweats
- Fatigue or low energy
- Exhaustion despite adequate sleep
- Increased need for rest
- Brain fog
- Difficulty concentrating
- Memory changes
- Changes in daytime energy



### 3 STRESS & NERVOUS SYSTEM CHANGES

- Racing thoughts
- Feeling on edge
- Hypervigilance
- Difficulty relaxing
- Increased overwhelm
- Emotional flooding
- Feeling frozen or shut down
- Increased sensitivity to stress
- Feeling emotionally depleted
- Difficulty recovering after stressful events



### 4 PHYSICAL CHANGES

- Hot flashes
- Night sweats
- Weight changes
- Joint pain
- Muscle aches
- Headaches or migraines
- Changes in libido
- Vaginal dryness
- Heart palpitations
- Digestive changes
- Changes in skin or hair
- Increased sensitivity to temperature



### 5 MENSTRUAL & REPRODUCTIVE CHANGES

- Cycle becoming more irregular
- Heavier or lighter periods
- Cycle length changes
- Skipped periods
- 12+ months without a period
- Hysterectomy
- Oophorectomy
- Using hormone replacement therapy
- Using hormonal birth control

### REFLECTION QUESTIONS

- 1 What symptoms concern you most? .....
- 2 What changes have you noticed emotionally? .....
- 3 What changes have you noticed physically? .....
- 4 What support would feel most helpful right now? .....
- 5 What questions would you like to discuss with your healthcare provider or therapist? .....

### OTHER IMPORTANT FACTORS THAT MAY BE IMPACTING YOU

- Medications and supplements
- Medical conditions (e.g., thyroid, autoimmune, diabetes, hypertension)
- Sleep quality and sleep disorders
- Stress load and life circumstances
- Mental health history
- Nutrition, movement, and lifestyle

### WHEN TO SEEK ADDITIONAL SUPPORT

Consider reaching out to a healthcare provider or therapist if you experience:

- Persistent mood changes
- Difficulty functioning in daily life
- Thoughts of self-harm
- Extreme fatigue or sleep disruption
- Severe anxiety or panic
- Changes that feel overwhelming or unmanageable



You deserve support, answers, and a plan that honors your whole self.

Understanding the whole picture helps ensure that symptoms are explored thoughtfully and accurately. ♥

