

Menopause Mental Health Worksheet

1. Think about the situations, emotions, or physical changes that trigger mental health challenges during menopause. Describe them in detail.

Example: "I feel anxious and irritable when I experience hot flashes at work or have trouble sleeping at night."

2. List the specific emotions you experience in relation to menopause. Reflect on why you feel this way.

3. Identify the physical symptoms you experience as a result of menopause that impact your mental health.

4. Identify any irrational or distorted thoughts related to menopause and its impact on your mental health. Challenge these thoughts with more balanced and realistic perspectives.

Example:

- *Irrational Thought: "I'm no longer valuable or attractive because I'm aging."*

- *Realistic Thought: "Aging is a natural process, and my value and attractiveness are not solely defined by my age or physical appearance."*

5. Create a list of coping strategies to help you manage the mental health challenges of menopause. These can include relaxation techniques, healthy distractions, and seeking support.

6. Write a compassionate message to yourself acknowledging the challenges of menopause and affirming your commitment to self-care and mental health.

Example: "It's okay to feel overwhelmed by the changes of menopause. I am strong and capable of managing these challenges. I deserve to take care of myself and seek support when I need it."
