SUPPORT FOR A CHANGING CHAPTER

Menopause, Day by Day

Your practical companion

This chapter can bring different needs, questions and feelings. You do not have to work through everything at once. Begin with what is hardest in your everyday life, choose a manageable action and make room for the support you need. I hope these pages help you find words, practical options and a pace that feels like your own.

Start simply

1. Open your purchase receipt, download the pack and choose your language.
2. Open the quick start and choose one useful page.
3. Use these pages only where they make starting or continuing easier.

Print, or type in a compatible PDF reader and save a personal copy. Test saving one entry first.

My starting date

Six weeks, with flexible weekly practice

Week 1 / One priority and a care question.

Week 2 / Two dependable meals and a fallback.

Week 3 / An evening cue and a night-waking plan.

Week 4 / A realistic movement and strength starting plan.

Week 5 / One named need and a specific request.

Week 6 / Two continuing habits and a review date.

Complimentary companion. The paid workbook and full audio are supplied separately through your purchase receipt.

YOUR PRACTICAL COMPANION

A week that fits your life

My priority for this week

Two dependable meals and an easier fallback

My rest or evening cue

A manageable movement choice, within my existing care advice

One practical request for support

My easier version on a difficult day

My review date

YOUR PRACTICAL COMPANION

My private two-week diary

Use a few days or the full two weeks if useful. Write brief observations about sleep, energy, feelings or symptoms and their everyday impact. This diary does not identify a cause or diagnose a condition. Stop if tracking adds pressure.

Date / day	What I noticed / daily impact	What helped / a question

One pattern or question I want to discuss

YOUR PRACTICAL COMPANION

Prepare for a useful conversation

The concern that most affects my daily life

A recent example and when it began

What I have tried and what I noticed

My two main questions

Care or treatment questions for my clinician

My appointment, contact and follow-up plan

Use the care guidance in your main workbook. Seek appropriate care when needed; you do not need to finish the programme first. Keep medication and treatment decisions with your qualified clinician.

YOUR PRACTICAL COMPANION

Keep a plan you can adapt

What I noticed about myself

What helped in ordinary life

What I want to keep

What I would simplify or change

My easier version on a difficult day

My review date

Personal support depends on the edition you purchased. Keep your receipt and order number. See the programme page for full terms and contact links.

Keep completed pages private. No answers need to be submitted.