Notice before changing everything

This week's output: one clear priority and a brief picture of its daily impact. Use page 29 for a short check-in, or the optional diary on pages 41 to 42. A few entries are enough to begin.

A practical experiment

1. Choose one difficulty, such as waking unrefreshed or missing lunch. Describe when it happens and what it prevents you from doing.

2. Record only a few details: symptom or difficulty, daily impact, relevant context and any care question. If helpful, note cycle dates or treatment changes.

3. Look for a practical support you can try. Observing two events together does not show that one caused the other.

4. Use page 3 to decide whether a medical appointment should be part of the plan.

A worked example

I am often shaky and cross before afternoon meetings. I notice that I sometimes have not eaten lunch. I will make a sandwich before work and protect a short lunch break. I will discuss the shakiness with my clinician if it recurs or concerns me.

Pause and notice what you need

Before reflection, listen to Arrive as You Are (4:28). Open Audio/arrive-as-you-are-en.mp3 in this language folder. Then return to the questions below.

The difficulty I am observing and its effect on my day

The smallest support I will try, when and where

My care question or reason to seek advice

End-of-week review

What became clearer? What made the day easier? Keep one useful observation and set aside details that did not help.

Stage adaptation: with early or treatment-induced menopause, begin with your care team's plan. If there are no current symptoms, use this week to identify a sustainable health routine.

My two-week diary / 1

Use a few words on days you choose. Describe one main difficulty and its effect on daily life. Context may include sleep, a cycle date or a treatment change if relevant. No weight, calorie or hormone score is needed.

Fictional example: Mon 4 / woke hot; tired in meeting / spare top helped; late shift / ask about night sweats.

Day / date	Difficulty + daily impact	Context / what helped	Care question

A diary cannot establish a trigger, hormone level or diagnosis. Do not wait two weeks to seek needed care. Use page 3. Keep notes private; you can stop tracking at any time.

An appointment example, filled in

This fictional example shows the level of detail you might bring. It is not a patient story or a diagnosis. Use the blank appointment page on page 32 and include only information you want to share.

Main concern and everyday impact

For six weeks I have woken hot several nights a week. I feel tired at work and am finding meetings harder. I would like help with sleep and night sweats.

Bleeding or treatment context

My periods have become less predictable. I will bring the dates I know and explain any unusual bleeding, surgery or treatment.

Medicines and relevant history

I will bring my actual medicine, contraception and supplement list, plus my own relevant history. A template cannot fill this in for me.

What I tried

Lighter bedding made changing layers easier. It did not stop the waking. I have simplified one morning task.

Two questions I want answered

Could another condition be contributing? Which hormonal or non-hormonal options, or menopause-specific CBT, fit my situation?

After the appointment

Write the agreed plan, how to use any treatment, what to report and the review date. Ask for clarification before leaving if anything is unclear.

A short summary is enough to start a conversation. You do not need a complete diary or a confirmed menopause stage before seeking advice. Urgent or concerning symptoms should not wait for tracking.

Words for support, even on hard days

These are fictional conversation examples. Change them to fit your life, or keep the request private. Choose someone safe; a direct conversation is not appropriate in every relationship.

With a partner or family member

“I have had a difficult night and have less energy today. Could you take dinner tonight? I can choose something easy for tomorrow.”

Smaller version: Could you take one task today?

With a manager or colleague

“After poor nights I am finding back-to-back meetings harder. Could we try written priorities and a short break between meetings for two weeks, then review?”

Smaller version: Could you send the priorities in writing?

For closeness or intimacy

“I want to feel close, and I need us to go slowly and choose what feels comfortable. Can we talk about that without pressure?”

Smaller version: I would like closeness, with no expectation of sex.

Your two-minute plan for today

1. Name one immediate need: food, rest, comfort, help or care.
2. Choose one action or one person to ask.
3. Let another non-urgent task wait if possible. Return whenever you have room.

Pain, bleeding after sex or persistent vaginal or urinary symptoms deserve clinical advice; see pages 3 and 26. Workplace arrangements depend on your role and local options. Sharing medical details is your choice.