

The pause

SELF REFLECTION TWO

Your Symptoms

Reflect on the menopause symptoms that you are experiencing:



Write any symptoms down. You may not even realize they are symptoms - things like memory, brain fog, fatigue, interrupted sleep, joint pain, headaches.



Do you think they are impacting your quality of life?



Do you think they may be impacting other people around you?



If yes, write down in what way(s)?

Build Agency.
Be Your Advocate.



The pause

SELF REFLECTION THREE Take Action

Do you have menopause symptoms that you feel need treatment?



ACTION – write them down.
Or, is it time to use one of the Vergo symptom tracker tools?

What steps are you going to take to determine which treatment options would be best for you?
For example, will you do more research, or will you speak with a Pharmacist, or will you speak with your doctor?



ACTION – write these steps down.

Are you satisfied that your current healthcare professional is the best one for you?



ACTION – if yes, then is it time to make an appointment? _____



ACTION – if you are not satisfied with your current healthcare professional, then is it time to actively seek an **educated menopause practitioner**?

Build Agency.
Be Your Advocate.

Vergo.