Menopause Symptom:

Mood Swings

Mood swings are common during menopause due to hormonal fluctuations. You may feel irritable, anxious, or sad, sometimes without a clear cause. These emotional shifts can happen quickly and may be difficult to manage.

Helpful Tips for Managing This Symptom

Mindfulness: Practice deep breathing or meditation to stay calm.

Physical Activity: Exercise helps improve mood and release stress.

Talk About It: Share your feelings with a trusted person or therapist.

Rest: Prioritize quality sleep to support emotional stability.

When to Seek Help:

If mood swings become overwhelming or significantly impact your life, speak with a mental health professional or healthcare provider.

Managing Mood Swings

Mood swings during menopause can be challenging. Use this worksheet to track when they happen and implement strategies to stabilize your mood.

Track Your Mood Swings
Record the time and intensity of your mood swings for one week.

Day	Intensity					Time	Notes (e.g., what triggered it?)
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		

Implementing Mood Management Strategies
Check off each strategy as you implement it, and evaluate which work best for you.

Strategy to Implement

- ⭕ Practice mindfulness or deep breathing to calm your emotions.
- ⭕ Get moving with light exercise, such as walking or yoga.
- ⭕ Talk to a trusted person about what you're feeling.
- ⭕ Take time for self-care to reduce stress and improve mood.
- ⭕ Keep a gratitude journal to focus on positive aspects of your life.
- ⭕ Prioritize rest and sleep to support emotional balance.

Tip: Try using more than one strategy at a time to see what works best for reducing your mood swings.