



Menopause Symptom:

# Fatigue

Fatigue is a persistent feeling of tiredness that many women experience during menopause. It may be caused by sleep disturbances, hormonal changes, or other menopause symptoms like mood swings or hot flashes.

## Helpful Tips for Managing This Symptom

**Exercise:** Light physical activity can help increase energy.

**Balanced Diet:** Focus on nutrient-rich foods to avoid energy dips.

**Stay Hydrated:** Drink plenty of water to fight fatigue and stay alert.

**Rest:** Take short breaks during the day and prioritize good sleep.

## When to Seek Help:

If fatigue is constant or affects your daily functioning, speak with a healthcare professional to rule out other causes, like anemia or thyroid issues.

# Managing Fatigue

Fatigue is a common symptom of menopause. This worksheet helps you track your energy levels and implement strategies to boost your energy.

## Track Your Fatigue Levels

Record your energy levels throughout the day for one week.

Day	Intensity					Time	Notes (e.g., what were you doing?)
	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 Fatigue Management Strategies

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

Strategy to Implement
<input type="radio"/> Get light exercise during the day to boost your energy.
<input type="radio"/> Eat nutrient-dense foods to maintain energy levels.
<input type="radio"/> Stay hydrated by drinking plenty of water throughout the day.
<input type="radio"/> Take short breaks to rest and recharge when you feel tired.
<input type="radio"/> Prioritize good sleep by creating a calming nighttime routine.
<input type="radio"/> Limit caffeine to avoid energy crashes later in the day.

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