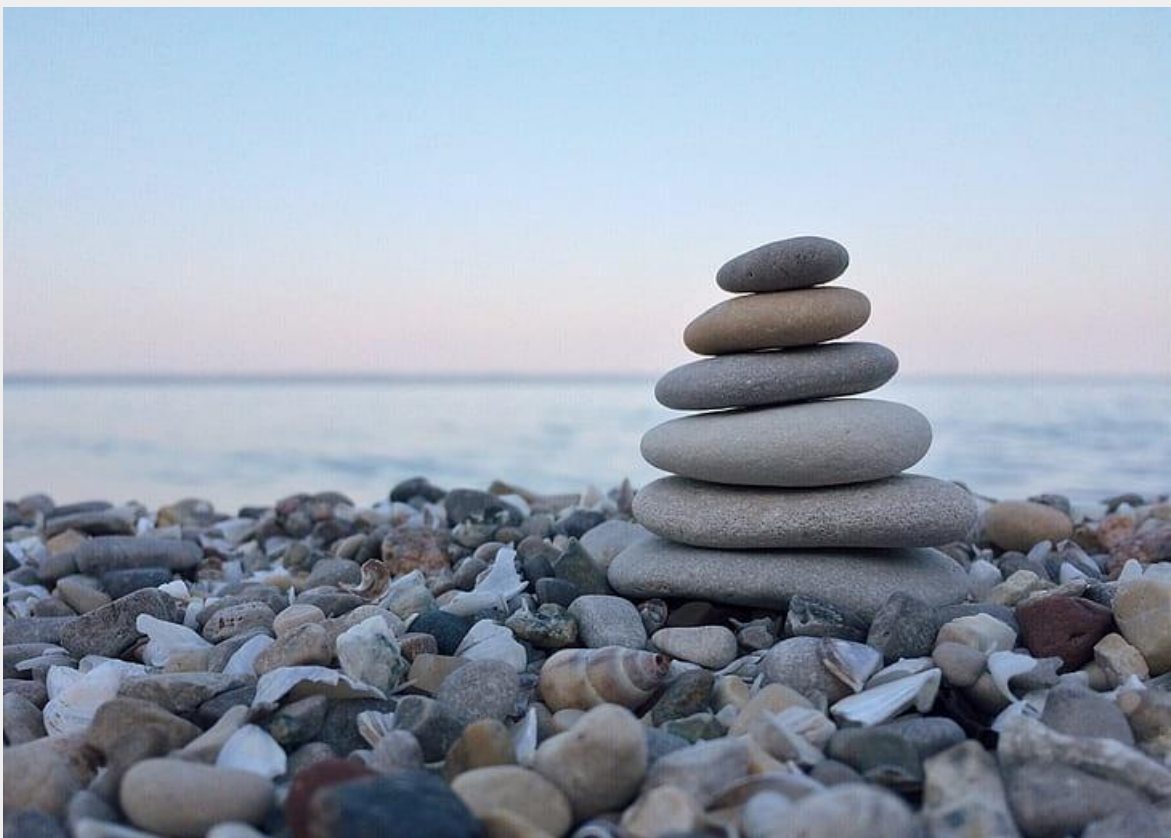




A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

Menopause Wellness Starter Guide





A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

About This Guide

This guide was created to give you **simple, trustworthy, and actionable** information about menopause ... without overwhelm. Inside, you'll find:

- Clear definitions and common symptoms
- Quick lifestyle tips
- Fillable worksheets you can bring to your doctor
- A simple goal tracker
- A sleep log
- A blank meal plan page
- Simple recipes

Who This Is For

Women 40–60+ who want clarity, support, and practical tools to feel more in control of their health during midlife transitions.

How to Use It

Move through the pages at your own pace. Print it, write in it, or use it digitally. Bring the worksheets to appointments or use them for personal reflection.



A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

WHAT IS MENOPAUSE?

Menopause is a natural milestone that occurs when your menstrual periods have stopped for 12 consecutive months. It marks the end of your reproductive years and typically happens between ages 45–55. It's not a medical failure or a personal shortcoming; it's simply a normal part of aging.

The transition leading up to menopause is called perimenopause, and it can last several years. During this time, hormones don't decline steadily; they rise, fall, and fluctuate, which can create changes in your body and mood that feel surprising or confusing. These shifts are real, and they're common.

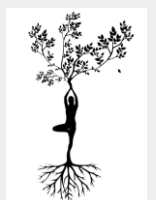
Common Symptoms During the Transition

Many women notice changes like:

- Hot flashes & night sweats: sudden waves of heat or sweating as your internal thermostat becomes more sensitive.
- Sleep disruptions: difficulty falling or staying asleep due to hormonal shifts.
- Mood changes: irritability, anxiety, or feeling “not like yourself,” influenced by changes in estrogen and progesterone.
- Brain fog: trouble concentrating or remembering details.
- Irregular periods: cycles may become shorter, longer, heavier, lighter, or unpredictable.
- Weight or body composition changes; especially around the midsection, even with the same habits.
- Increased stress sensitivity; your nervous system may feel more reactive.
- Vaginal dryness or discomfort; a common effect of lower estrogen.

You're Not Alone

These symptoms are common, but that doesn't mean you have to struggle through them. Understanding what's happening in your body is the first step toward feeling more grounded, supported, and in control.



SIMPLE TIPS FOR MANAGING SYMPTOMS

Lifestyle Tips

- Prioritize sleep hygiene (cool room, consistent bedtime).
- Add protein at each meal to support muscle and metabolism.
- Include calcium + vitamin D foods for bone health.
- Stay hydrated; electrolytes may help with temperature regulation.
- Reduce alcohol & caffeine if hot flashes worsen.
- Move daily ; walking, strength training, stretching.
- Practice stress reduction: breathing, journaling, gentle yoga.



When to Talk to Your Doctor

- Symptoms disrupt daily life
- Bleeding becomes heavy or irregular
- You experience heart palpitations, severe mood changes, or pain
- You want to explore hormone or non-hormonal treatment options



A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

BRING-TO-YOUR-DOCTOR CHECKLIST

My Top Concerns:

- Hot flashes
- Sleep issues
- Mood changes
- Weight changes
- Vaginal dryness
- Pain during sex
- Irregular bleeding
- Other: _____



Questions I Want to Ask:

1. _____

2. _____

3. _____

Medications/Supplements I'm Taking:

- _____
- _____



Recent Changes in My Health:

© 2026 Grassroots Health & Wellness. Created for educational use. All rights reserved.



A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

How to Use Your Goal Tracker

1. Choose 1–4 weekly goals. Keep them simple and realistic.

Examples:

- Drink more water
- Move for 10 minutes
- Practice mindful eating
- Prioritize sleep
- Add a nourishing meal
- Practice a calming ritual

2. Write your goals in the spaces provided. Use language that feels natural and encouraging.

3. Check in each day. Mark if you completed the goal, made progress, or need a reset.

4. Celebrate your wins. Notice what supported your energy and what felt good.

Daily Goal	Why It Matters	Mon	Tue	Wed	Thu	Fri	Sat	Sun



A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

How to Use Your Sleep Tracker



1. Record your bedtime and wake time

Just jot down when you went to bed and when you woke up — no perfection needed.

2. Add up your total hours of sleep. Round to the nearest half-hour if that feels easier.

3. Note the quality of your sleep. Use a simple rating (1=Poor, 3=OK, 5=Good).

4. Track anything that may have affected your sleep.

Examples: stress, late meals, screen time, hot flashes, caffeine, or a great wind-down routine.

5. Look for gentle patterns over time.

This tracker isn't about judgment ... it's about noticing what supports your rest so you can feel more energized and grounded

Day	Bedtime	Wake Time	Hours Slept	Quality (1-5)	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					



A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

*Weekly Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

*See next pages for simple recipes

© 2026 Grassroots Health & Wellness. Created for educational use. All rights reserved.

Sample Meals:

Breakfast:

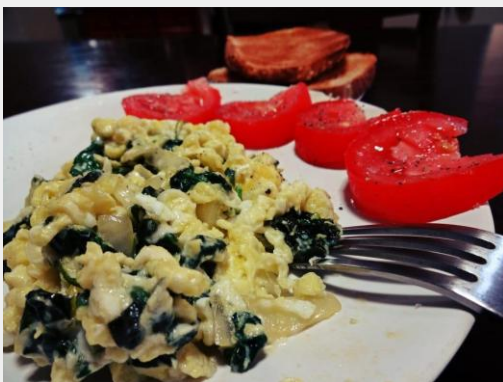
1. Veggie Egg Scramble

Ingredients

- 2 eggs (or 2oz tofu, mashed)
- 1 handful spinach
- ¼ cup diced tomatoes
- Salt and pepper

Instructions

1. Whisk eggs and season with salt and pepper.
2. Cook spinach and tomatoes in a pan until softened.
3. Add eggs (or tofu) and scramble until cooked through.



2. Overnight Oats

Ingredients

- ½ cup rolled oats
- ½ cup milk or milk alternative
- 1 tbsp chia seeds
- ½ cup berries

Instructions

1. Combine oats, milk, and chia seeds in a jar.
2. Stir, cover, and refrigerate overnight.
3. Add berries before serving.

A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness



Lunch:

1. Chickpea Salad Bowl

Ingredients

- 1 can chickpeas, rinsed
- 1 cup chopped vegetables (tomatoes, cucumber, peppers)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper

Instructions

1. Combine chickpeas and vegetables.
2. Add olive oil, lemon juice, salt, and pepper.
3. Toss and serve.

2. Turkey & Avocado Wrap

Ingredients

- Whole-grain wrap
- 3–4 slices turkey (optional)
- ¼ avocado, sliced
- Lettuce or spinach
- Mustard or hummus (a bit more if no turkey)

Instructions

1. Spread mustard or hummus on the wrap.
2. Add turkey, avocado, and greens.
3. Roll tightly and slice.

A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness



Dinner:

1. Pesto Chicken Skillet

Ingredients

- 2 chicken breasts (or 2 oz tofu), cut into pieces
- 1 cup cherry tomatoes
- 1 cup chopped asparagus or green beans
- 2 tbsp pesto
- Salt and pepper



Instructions

1. Cook protein in a skillet until browned.
2. Add tomatoes and asparagus.
3. Stir in pesto and cook until vegetables soften.
4. Season and serve.

2. Tomato Zucchini Pasta

Ingredients

- 2 cups cooked pasta
- 1 zucchini, sliced
- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 1 clove garlic, minced

© 2026 Grassroots Health & Wellness. Created for educational use. All rights reserved.



A Simple, Practical Companion for Women in Midlife

Salt, pepper, herbs

by Grassroots Health & Wellness

Instructions

1. Sauté zucchini and tomatoes in olive oil.
2. Add garlic and herbs.
3. Toss with pasta and season.



Snacks:

1. Apple + Nut Butter Plate

Ingredients

- 1 sliced apple
- 1-2 tbsp almond or peanut butter

Instructions

1. Slice apple.
2. Serve with nut butter for dipping.



2. Hummus & Veggies

© 2026 Grassroots Health & Wellness. Created for educational use. All rights reserved.



A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

Ingredients

- ½ cup hummus
- Sliced carrots, cucumbers, peppers

de

Instructions

1. Arrange vegetables on a plate.
2. Serve with hummus.



Thank You!





A Simple, Practical Companion for Women in Midlife

by Grassroots Health & Wellness

Your midlife journey deserves clarity, compassion, and support. You're not alone ... and you're not "supposed to just deal with it."

For more tools, workshops, and support from **Grassroots Health & Wellness**:

Book a free consult - [Booking Calendar](#) - 1(585)633-8939



Website: WWW.GrassrootsHealthWellness.org

Email: Georganne.MCHC@gmail.com

Facebook: [Grassroots Health & Wellness](#)

Instagram: [grassroots_health_and_wellness](#)