

Perimenopause Cheat Sheet

A quick guide to understanding perimenopause — what it is, common symptoms, and supportive strategies to help you navigate this transition with confidence and care.

1. What is Perimenopause?

Perimenopause is the transitional phase leading up to menopause, typically occurring between ages 40–55. It can last anywhere from a few years to a decade and is caused by shifting hormone levels, particularly estrogen and progesterone.

2. Common Symptoms

- Irregular periods
- Hot flashes and night sweats
- Mood swings or irritability
- Fatigue or brain fog
- Sleep disturbances
- Weight fluctuations
- Low libido
- Anxiety or feelings of overwhelm

3. Supportive Strategies

- Track your symptoms and cycle
- Prioritize rest, hydration, and gentle movement
- Eat a hormone-supportive diet (whole foods, healthy fats, fiber)
- Limit alcohol, caffeine, and sugar
- Consider supplements (magnesium, B vitamins, omega-3s — check with your GP)
- Practice stress-reducing rituals like yoga, meditation, or journaling

4. When to Seek Support

If your symptoms are significantly impacting your quality of life, consider speaking with a healthcare provider or menopause specialist. Hormone therapy, natural treatments, or lifestyle changes can make a meaningful difference.

5. You're Not Alone

Perimenopause is a natural part of life — not a flaw or failure. Talk to other women, share your experience, and know that support is out there.