

Hormones, Mood & Body Changes

A gentle space to notice patterns in your body and wellbeing without judgement. Use only the sections that feel useful.

What changes have I noticed in my body?

Have I noticed changes in mood?

How is my energy?

How is my sleep?

Have concentration or memory felt different?

What seems to make things easier or harder?

Is there anything I want to discuss with a healthcare professional?

One supportive action I can take is...