**My Personal Action Plan**  Today’s Date:

*(It’s important to know your starting point)*

This is a Work in Progress and can be adapted to any format that works best for you. Here are my suggestions:

1. Create a file on your computer system for storing all the support material sent to you and give it a name – PAP, or Personal Action Plan, perhaps ☺
2. If you have not received it already, please ask your support manager, or email us at [support@themenopauselady.co.uk](mailto:support@themenopauselady.co.uk) for Menopause Symptoms. This helps pinpoint for you the symptoms you know about and those that cause the most problems.
   1. Make a note below of any questions this has raised – do it here! This is kept in Word format for you to utilise in your own way.
3. Decide the most challenging two or three symptoms that are bothering you right now.
   1. Get this down to ONE symptom and ask for guidance from your support manager about how to approach this.
4. When making your own notes, write anything you like, whatever thoughts spring into your mind. This will keep changing, as you learn more and don’t forget to save it!
5. Your menopause support manager is a key element to help you understand more about menopause and to support you with challenges, allowing you to get on with your job in the best way possible
   1. In many cases, women are looking for a conversation, a chat with someone who understands what is going on. This in itself brings huge relief; the knowledge that you are not alone
   2. You may prefer a confidential telephone consultation with one of us at SimplyHormones – this has proven most beneficial. Speak to your menopause support manager to arrange this or contact us direct on 01825 582010.

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Now, it’s all down to you... We’re all here to help you. It’s an open document, keep it going, adding things – date it when you add anything. It’s so helpful when reviewing back over what you’ve written.

The key to all this is to Take courage, Take Action and Take Control! Once you realise that you are NOT going MAD, it’s Empowering because you now don’t have to continue living like this.

Good Luck! Please feel free to use the rest of this space to make your own notes.