

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. Familiarise yourself with the Menopause Symptom List – decide the most challenging two or three symptoms that are bothering you right now.
3. 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!
4. Speak to your personal friends and friends at work. They will be a key element of support and understanding.
 - a. 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.
 - b. You may prefer an individual and confidential telephone consultation with one of us at **SimplyHormones** – this has proved hugely beneficial in the past. Please email us at enquiries@simplyhormones for further information on this service.

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 as 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!