

Your view of menopause

When you began this book, we asked you to write down your view on menopause (page 27). Look back to this now and consider how your views on menopause may have changed. Write down the changes here.

.....

.....

.....

Hopefully, you feel more positive about where you are and, if you have begun to implement your wellbeing plan, you are likely to feel better from a physical and emotional point of view. Continue to keep this book as a resource as you navigate your way through your journey and remember you are not alone. While it may not feel like it currently, many women reflect on this time as a period of growth. This is illustrated in the accounts in the next chapter.