

# MENOPAUSE

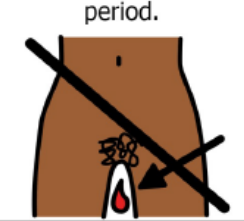
I am getting older. I am in my 40s.




My body is preparing for menopause.



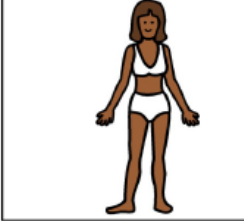
Menopause is when I will stop having my period.



This may take some time.



My body will change.



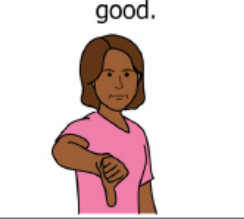
These changes can happen to all women as they get older.



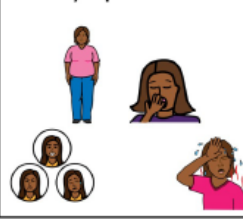
I will have days when I feel good!



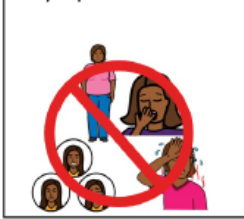
I will also have days when I do not feel so good.



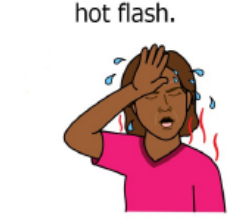
I may have some of the symptoms.



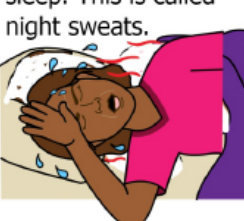
Or I may not have symptoms at all.




I may get hot during the day. This is called a hot flash.




I may get hot when I sleep. This is called night sweats.



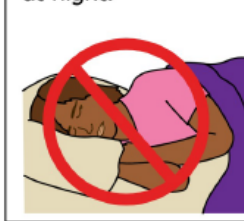
My emotions may change throughout the day.



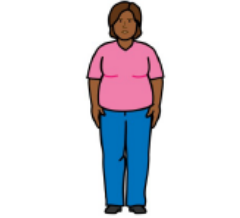
I may feel tired during the day.



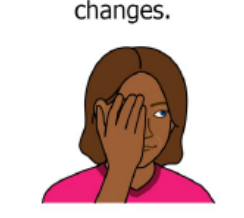
I may not sleep well at night.




I may gain weight.



I may feel embarrassed by these body changes.



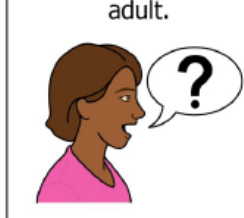
I may get frustrated at times.



I know I can get through it!



If I have questions I can talk to a trusted adult.



# MENOPAUSE AND HOT FLASHES

I may get hot during the day. This is called a hot flash.



I may get hot when I sleep. This is called night sweats.



When I get hot, I may sweat.



My face may turn red.



Hot flashes can happen during the day.



Hot flashes can also happen at night.



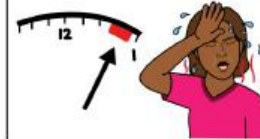
Hot flashes can occur when it is hot out.



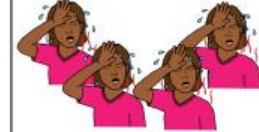
Hot flashes can occur even when it is cold out.



Hot flashes may only last a few minutes.



Hot flashes can happen several times a day.



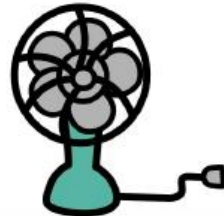
I can wear thin layers of clothes to help when I get hot.



I can drink plenty of water.



I can use a fan to cool off.



I should NOT take a hot shower.



I should NOT drink too much coffee.



I should NOT eat too much spicy food.



Hot flashes can happen to all women as they go through menopause.



If I have questions, I can talk with a trusted adult like my family, staff, or doctor.



# MENOPAUSE AND MY EMOTIONS


My emotions may change throughout the day.



Sometimes this is called mood swings.



I can be happy.



Then I might become sad.



I may get frustrated at times.




I will be ok!




I can talk to someone about my feelings.



I can ask for some alone time.




I can go for a walk.



I can exercise or lift weights.




Yoga may also help me control my emotions.



I should keep doing all of the things I like to do!



Mood swings can happen to all women as they go through menopause.












If I have questions, I can talk with a trusted adult like my family, staff, or doctor.






# MENOPAUSE AND SLEEP


<p>It may be hard to fall asleep or stay asleep at night.</p> 	<p>I may wake up to use the toilet.</p> 	<p>I may wake up because of night sweats.</p> 	<p>I may feel tired during the day.</p> 	<p>It is ok to find time to relax during the day.</p> 
<p>I may even take a nap during the day.</p> 	<p>When it is time for bed, I should do something to help me relax.</p> 	<p>I can read.</p> 	<p>I can listen to music.</p> 	<p>I could even meditate or pray.</p> 
<p>I should go to sleep at the same time every night.</p> 	<p>Trouble sleeping can happen to all women as they go through menopause.</p> 	<p>If I have questions, I can talk with a trusted adult like my family, staff, or doctor.</p> 		

# MENOPAUSE AND MY WEIGHT

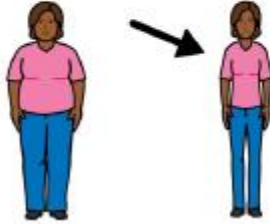
I may gain weight.




My body shape will change and my clothes may fit differently.




It may be hard for me to lose the weight.




I may want to eat unhealthy foods.



But I should eat healthy foods.




I should drink plenty of water.



I should exercise.



Weight gain can happen to all women as they go through menopause.



If I have questions, I can talk with a trusted adult like my family, staff, or doctor.

