


# 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.

