UNDERSTAND. RECONNECT. RESET.

Your next phase starts here.

A gentle menopause starter guide

For women navigating perimenopause, menopause and the changes of midlife. A calm place to notice what is changing, choose one manageable step and ask for the support you need.

Your symptoms are part of a bigger picture.

You do not need to change everything at once. Use these pages to make room for your experience and decide where to begin. There is no score, diagnosis or perfect routine to achieve.

Make this guide your own

Read the introduction, complete the check-in and try the seven-day tracker. Then choose one small action and one question to bring to a healthcare professional or coaching conversation.

Created for My Bella Luna by Donna-Louise Taylor's business.
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Online support across the UK and worldwide.

This guide offers general education and reflection, not medical diagnosis or treatment. New or worrying symptoms deserve medical advice. Coaching can support your wellbeing alongside appropriate healthcare.

01 / START WITH UNDERSTANDING

Understanding the transition

Perimenopause and menopause

Perimenopause is the transition leading up to menopause. Periods may become less predictable, and symptoms can change over time. Menopause generally means you have had no period for 12 months. Hormonal contraception can make this harder to recognise. [1]

What might feel different?

Changes may include hot flushes, night sweats, sleep disruption, low mood or anxiety, difficulty concentrating, joint discomfort and vaginal dryness. Everyone's experience is different. [1]

Look beyond the label

These experiences do not automatically mean menopause. Speak with a GP or another appropriate clinician about symptoms that are new, persistent or affecting your life. [1]

A reflection to begin

What feels different from my usual self? When did I first notice it? What would I most like support with?

You do not need to prove that things are bad enough to ask for help.

02 / NOTICE WITHOUT JUDGING

Your whole-woman check-in

Tick the areas you would like to explore. This is a personal reflection, not a symptom test. Keep your completed pages private unless you choose to share them.

- ☐ Sleep and rest
- ☐ Energy and daily demands
- ☐ Mood and confidence
- ☐ Concentration and memory
- ☐ Periods or physical changes
- ☐ Food and hydration
- ☐ Movement and strength
- ☐ Relationships, work and support

The one area that matters most to me

What would feeling supported look like?

03 / SUPPORT YOUR EVERYDAY WELLBEING

Small steps, at your pace

Everyday habits can support wellbeing during this transition. Choose a realistic starting point rather than a complete lifestyle overhaul. [2]

Rest

Aim for a regular sleep routine and make space for rest. [2]

Nourish

Choose a balanced diet, including calcium-rich foods if suitable for you. [2]

Move

Build regular activity around your abilities. Weight-bearing movement can help support bone health. [2]

Pause

Try a relaxing activity you enjoy, such as gentle yoga or meditation. [2]

Connect

Talk to someone you trust or someone navigating similar changes. [2]

Speak to a healthcare professional before taking herbal remedies or complementary medicines: benefits and safety are uncertain, and interactions can occur. [3]

04 / A GENTLE TRACKER

Seven days of noticing

Use a few words each day. Notice patterns, not causes or diagnoses. Stop tracking if it makes you feel more anxious. Bring helpful observations to a healthcare appointment.

Day	Sleep / rest	Energy / mood	What I noticed	What helped
1				
2				
3				
4				
5				
6				
7				

One pattern or question I want to explore

05 / ASK FOR SUPPORT

Prepare for your appointment

You can discuss treatment options, including HRT and non-hormonal approaches, with a healthcare professional. The right choice depends on your circumstances and preferences. [3]

What I want help with

Which changes affect my sleep, work, relationships or daily life?

What I want to bring

Notes about symptoms, periods, medicines and supplements, plus relevant health history.

Questions I want to ask

Could anything else explain this? Which options are suitable for me? What should I expect, and when should we review?

Do not wait on a tracker: seek medical advice for vaginal bleeding after 12 months without periods. New, persistent or worrying symptoms also need assessment. [1]

06 / UNDERSTAND. RECONNECT. RESET.

Choose your next small step

This week, I will...

The support I will ask for is...

Explore your whole health picture

The My Bella Luna Holistic Health Review brings your health, lifestyle and menopause priorities into one coaching conversation. It includes an assessment, consultation, professional review, detailed report, personalised plan and follow-up.

Explore the review and current availability:
bellalunamenopausecoach.com/holistic-health-review

Coaching offers education and wellbeing support alongside healthcare. It does not replace diagnosis, prescribing or medical treatment.

Trusted reading

1. NHS - Symptoms of menopause and perimenopause

2. NHS - Things you can do

3. NHS - Treatment for menopause and perimenopause

Sources checked 7 October 2026. UK guidance; seek local healthcare advice if you live elsewhere.
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