



WISEPAUSE
— WELLNESS —

10 SIGNS IT MIGHT BE PERIMENOPAUSE

The symptoms millions of women experience before menopause—but few recognize.



— *Answers. Community. Empowerment.* —

WisePause.com

Could It Be Perimenopause?

If you've been feeling different lately—more tired, anxious, forgetful, emotional, or unlike yourself—you may be experiencing **perimenopause**.

Perimenopause is the hormonal transition leading up to menopause and can begin years before your final period.

Many women spend years searching for answers before realizing hormones may be playing a role.

The challenge? Most women are never taught what to expect.

That's why **WisePause Wellness** created this guide—to help you recognize the signs, understand what's happening, and know where to find support.



Did You Know?

Perimenopause can begin as early as your late 30s and often lasts several years before menopause.



You are not alone.

Millions of women are navigating the same changes.

SIGN #1

Changes in Your Menstrual Cycle

One of the earliest signs of perimenopause is a change in your period.

Hormone fluctuations can affect the length, flow, and timing of your cycle.

YOUR CYCLE MAY BECOME:

- ✓ Heavier
- ✓ Lighter
- ✓ Longer
- ✓ Shorter
- ✓ More unpredictable



FOR MANY WOMEN,
cycle changes are the earliest sign of perimenopause.

Pay attention to your patterns. Your body is communicating with you.



Your body is wise.
Noticing the changes is the first step toward finding answers and support.

SIGN #2

Brain Fog & Memory Issues



Trouble concentrating, forgetfulness, or feeling like your mind is in a fog? Hormonal changes during perimenopause can affect focus and memory.

YOU MIGHT NOTICE:

-  Difficulty concentrating or staying focused
-  Forgetting words, names, or appointments
-  Trouble multitasking or staying organized
-  Feeling mentally foggy or “out of it”
-  Mental fatigue or slower thinking

Your mind is resilient, even when it feels foggy. ♡

With the right support, you can improve focus, boost memory, and feel mentally sharp again.



FACT: Estrogen supports brain function by affecting neurotransmitters like acetylcholine and dopamine—key for memory, focus, and mental clarity.

Brain fog is common—but it's not permanent. You can feel like yourself again!

TIPS TO SHARPEN YOUR MIND



CHALLENGE YOUR BRAIN

Try puzzles, reading, or learning something new to keep your mind active.



MOVE YOUR BODY

Exercise increases blood flow to the brain and supports cognitive function.



EAT BRAIN-BOOSTING FOODS

Focus on omega-3s, leafy greens, berries, nuts, and whole grains.



MANAGE STRESS

Stress can worsen brain fog. Try deep breathing, meditation, or yoga.



PRIORITIZE SLEEP

Quality sleep is essential for memory consolidation and mental clarity.



You are capable. You are not alone.

Give yourself grace, celebrate small wins, and trust that your mind will clear.

SIGN #3

Sleep Problems & Insomnia

Tossing and turning? Waking up in the middle of the night and unable to fall back asleep? Perimenopause can disrupt your sleep and leave you feeling exhausted.

YOU MIGHT NOTICE:



Trouble falling asleep



Waking up during the night and can't get back to sleep



Waking up too early in the morning



Night sweats that disrupt sleep



Feeling tired even after a full night's rest

*Good sleep is not a luxury—
it's essential. ♡*

Restful sleep helps your body heal, regulates hormones, and supports your mood and brain health.



FACT: Declining estrogen can affect melatonin production and temperature regulation—two key factors in sleep quality. This can lead to lighter sleep and more frequent wake-ups.

Better sleep is possible—and it can change how you feel every day.

TIPS FOR BETTER SLEEP



KEEP A SLEEP ROUTINE

Go to bed and wake up at the same time each day.



CREATE A CALM ENVIRONMENT

Keep your room cool, dark, and quiet.



LIMIT SCREEN TIME

Avoid screens at least 1 hour before bedtime.



RELAX YOUR MIND AND BODY

Try deep breathing, stretching, or gentle yoga.



SUPPORT YOUR BODY

Avoid caffeine and alcohol in the evening and eat a light nighttime snack if needed.



You deserve deep, restful sleep.

Small changes can lead to better rest, more energy, and a brighter tomorrow.

SIGN #4

Mood Swings & Irritability

Feeling like your emotions are all over the place? Hormonal shifts during perimenopause can affect your mood and make you feel more irritable, overwhelmed, or tearful.

YOU MIGHT EXPERIENCE:



Sudden mood swings



Feeling more irritable or easily frustrated



Unexplained sadness or tearfulness



Feeling anxious or overwhelmed



Less patience for things that didn't bother you before

*Your feelings are valid.
You are not "too much."* 

Mood changes are common during this transition, but there are ways to feel more balanced and in control.



FACT: Fluctuating estrogen and progesterone can impact neurotransmitters like serotonin—which influence mood, emotional regulation, and stress response.

Balance is possible with the right tools and support.

WAYS TO SUPPORT YOUR EMOTIONAL WELL-BEING



MOVE DAILY

Physical activity naturally boosts your mood and reduces stress.



CONNECT

Talk to someone you trust. You don't have to go through this alone.



JOURNAL IT OUT

Writing can help you process emotions and gain perspective.



PRIORITIZE SELF-CARE

Small daily acts of self-care can have a big impact on your mood.



EAT TO NOURISH

A balanced diet supports stable blood sugar and better mood.



You are allowed to have hard days.




Be gentle with yourself, give yourself grace, and remember that this is a season of change, not defeat.

SIGN #5

Hot Flashes & Night Sweats

Sudden feelings of heat, flushing, and sweating can strike at any time—day or night. Perimenopause can affect your body’s temperature regulation, making these symptoms more frequent and unpredictable.

YOU MIGHT NOTICE:

-  Sudden feelings of intense heat or flushing
-  Sweating, especially on your face, neck, and chest
-  Night sweats that soak your clothes or sheets
-  Racing heart or heart palpitations
-  Feeling irritable or drained after episodes

You're not losing control—your body is adjusting. 

Hot flashes and night sweats are common, but there are ways to find relief and feel like yourself again.



FACT: Hormonal fluctuations can affect the hypothalamus—the part of your brain that regulates body temperature. This can trigger hot flashes and night sweats.

You're not alone—up to 80% of women experience hot flashes during menopause.

TIPS TO MANAGE HOT FLASHES & NIGHT SWEATS



KEEP COOL

Dress in layers, use fans, and keep your environment cool.



AVOID TRIGGERS

Spicy foods, caffeine, alcohol, and stress can trigger symptoms.



STAY HYDRATED

Drink plenty of water throughout the day to stay balanced.



CREATE A SLEEP-FRIENDLY SPACE

Use breathable bedding and keep your room cool.



MANAGE STRESS

Deep breathing, meditation, and yoga can help reduce symptom intensity.



TALK TO YOUR HEALTHCARE PROVIDER

There are options that can help you find relief and improve quality of life.



You deserve comfort, day and night.
With the right support and self-care, you can feel more in control and find relief that works for you.

SIGN #6

Weight Gain & Body Changes

Noticing changes in your body even though your habits haven't changed?

Hormonal shifts during perimenopause can affect how your body stores fat, builds muscle, and maintains its shape.

YOU MIGHT NOTICE:



Weight gain, especially around your midsection



Clothes don't fit the way they used to



Slower metabolism and fat loss



Loss of muscle tone and strength



Bloating and water retention

Your body is still working for you

These changes are normal— and there are ways to support your body through them.



FACT: Declining estrogen can increase belly fat, reduce muscle mass, and affect insulin sensitivity—making weight management more challenging.

Small, consistent steps can make a big difference.



You can support your body!


Focus on nourishing foods, strength training, daily movement, quality sleep, and stress management. Your body will thank you.

SIGN #7

Joint Pain & Stiffness

Aching joints or stiff muscles, especially in the morning? Hormonal changes during perimenopause can increase inflammation and affect joint comfort.

YOU MIGHT NOTICE:

-  Aching or sore joints
-  Stiffness, especially in the morning
-  Swollen or tender joints
-  Discomfort with movement or exercise
-  More joint pain on cold or damp days

You're not imagining it—you're changing. 

Support your joints and you'll feel more flexible, strong, and capable.



FACT: Estrogen has anti-inflammatory properties and helps maintain cartilage and bone density. As estrogen declines, inflammation can increase, leading to more joint discomfort.

Caring for your joints now helps you stay active for years to come.

TIPS TO SUPPORT JOINT HEALTH



STAY ACTIVE

Low-impact activities like walking, yoga, or swimming keep joints moving and reduce stiffness.



EAT ANTI-INFLAMMATORY FOODS

Focus on omega-3s, berries, leafy greens, turmeric, and olive oil to help reduce inflammation.



MAINTAIN A HEALTHY WEIGHT

Less weight on your joints means less stress and less pain.



STAY HYDRATED

Water helps lubricate joints and supports overall mobility.



STRETCH & STRENGTHEN

Gentle stretching and strength training help improve flexibility and support joint stability.



Movement is medicine.

Listen to your body, move in ways that feel good, and give your joints the care they deserve.



SIGN #8

Low Energy & Fatigue

Feeling tired all the time—even after a full night’s sleep?

Hormonal changes during perimenopause can impact your energy levels, making daily tasks feel harder than before.



YOU MIGHT NOTICE:

-  Low energy, no matter how much you rest
-  Difficulty getting through your day
-  Needing more caffeine or sugar to cope
-  Decreased motivation or drive
-  Feeling physically or mentally drained

*You're not lazy.
Your body is adjusting. ♡*

Fatigue is a common symptom of hormonal transition—not a reflection of your worth or strength.



FACT: Hormonal fluctuations can affect your thyroid, blood sugar, and cortisol levels—all of which play a role in your body’s ability to produce and sustain energy.

It's not all in your head—it's happening in your body.

TIPS TO IMPROVE LOW ENERGY



FUEL YOUR BODY

Eat balanced meals with protein, healthy fats, and complex carbs to sustain energy.



STAY HYDRATED

Dehydration can contribute to fatigue. Aim for plenty of water daily.



PRIORITIZE SLEEP

Create a relaxing bedtime routine and aim for 7–9 hours of quality sleep.



MOVE GENTLY

Regular movement, like walking or yoga, can boost energy and improve mood.



GET NATURAL LIGHT

Sunlight helps regulate your internal clock and supports better energy levels.



MANAGE STRESS

Practice deep breathing, meditation, or journaling to lower cortisol and boost energy.



You deserve to feel energized and alive.
With the right support, your energy can improve and life can feel lighter again.


SIGN #9

Low Libido

A decreased interest in sex or intimacy can be frustrating and confusing. Perimenopause can cause changes in hormones that affect your sex drive, making it less active than before.

YOU MIGHT NOTICE:

-  Decreased interest in sex or intimacy
-  Less arousal or enjoyment from sex
-  Vaginal dryness that makes sex uncomfortable
-  Emotional distance or feeling less connected
-  Feeling self-conscious or less confident

Intimacy is more than just physical. 

Changes in libido are common, but you're not alone—and there are ways to reconnect with yourself and your partner.



FACT: Estrogen and testosterone both play a role in libido. As hormone levels fluctuate and decline during perimenopause, it can impact blood flow, arousal, and desire.

Libido changes are real—but so is your ability to feel connected, confident, and fulfilled.

TIPS TO SUPPORT A HEALTHY SEX DRIVE



COMMUNICATE OPENLY

Talk with your partner about your feelings and needs. Connection builds intimacy.



ADDRESS PHYSICAL DISCOMFORT

Use lubricants for dryness and talk to your healthcare provider for options.



MOVE YOUR BODY

Regular exercise boosts mood, energy, and blood flow—all important for sexual health.



MANAGE STRESS

Stress can lower libido. Try yoga, meditation, or deep breathing to relax.



GET QUALITY SLEEP

Restorative sleep supports hormone balance and overall well-being.



FOCUS ON INTIMACY

Intimacy isn't just about sex—touch, cuddles, and closeness all matter.



You are still you. Your desire matters.
With support, self-care, and patience, you can rediscover intimacy and connection.



SIGN #10

Anxiety & Stress

Feeling more anxious or constantly on edge? Perimenopause can bring increased stress and worry that affect your daily life.

YOU MIGHT FEEL:



Constant worry or racing thoughts



Feeling on edge or overwhelmed



Difficulty relaxing or unwinding



Panic attacks or sudden fear



Feeling mentally and physically drained

You don't have to carry it all. ♡

With support and self-care, you can find calm, feel more in control, and enjoy life again.



FACT: Fluctuating hormones can affect neurotransmitters like serotonin and GABA, which help regulate mood and stress response. This can increase feelings of anxiety.

Calm is a choice you can make, one breath at a time.

TIPS TO MANAGE ANXIETY & STRESS



PRACTICE MINDFULNESS

Mindfulness and meditation can help quiet your mind and reduce stress.



MOVE YOUR BODY

Regular exercise releases endorphins and improves your mood.



SET BOUNDARIES

Protect your time and energy. It's okay to say no.



CONNECT & TALK

Reach out to people you trust. You don't have to go through this alone.



MAKE TIME TO RELAX

Enjoy activities that bring you joy and help you unwind.



You are stronger than you think.

Be kind to yourself, take deep breaths, and know that this season will pass.








Midlife Symptoms CHECKLIST

Perimenopause can affect your body and mind in many ways. Use this checklist to track what you're experiencing.

HOW TO USE:

Check the box that best describes how often you experience each symptom.



SYMPTOM	RARELY (Not Often)	SOMETIMES (Occasionally)	OFTEN (Frequently)	ALMOST ALWAYS (Most of the Time)
 Hot flashes or night sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Trouble sleeping or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Mood swings, irritability, or anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Brain fog, trouble concentrating, or memory issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Joint pain or stiffness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Low energy or fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Weight gain or difficulty losing weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Heart palpitations or faster heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Vaginal dryness or discomfort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Feeling overwhelmed or constantly stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



WHAT TO DO WITH YOUR RESULTS:

- **Mostly RARELY:** You're doing great! Keep up the good habits that support your wellness.
- **Mostly SOMETIMES:** Some changes may help. Focus on self-care and small, consistent steps.
- **Mostly OFTEN or ALMOST ALWAYS:** It may be time to seek extra support from a healthcare professional. You deserve to feel your best.



You're not alone.

Many women experience these symptoms, and help is available. Tracking your symptoms is a powerful first step toward getting the support you need to feel like yourself again.

Your well-being matters.
You deserve support, understanding, and care.



You know your body best.

Trust what you're feeling, honor what you need, and take the next step toward feeling better.

YOU DESERVE ANSWERS

At the WisePause Wellness Summit

Expert Guidance. Real Conversations. Empowered You.

Join us for a transformative in-person summit designed for women navigating perimenopause and menopause. Connect with leading experts, discover science-based solutions, and spend the day with a community of women who understand your journey.



DATE

August 22, 2026



TIME

9:00 AM – 6:00 PM



LOCATION

Skirball Cultural Center
Los Angeles, CA

Because you deserve *clear answers* and compassionate care. 

WHAT TO EXPECT



EXPERT TALKS

Leading doctors and specialists share the latest insights.



REAL CONVERSATIONS

Honest discussions about what you're really experiencing.



PRACTICAL SOLUTIONS

Evidence-based strategies you can use right away.



YOU'RE NOT ALONE


Connect with a community of women who truly understand.

TOPICS WE'LL COVER

- ✓ Hormonal changes & what to expect
- ✓ Managing symptoms naturally and effectively
- ✓ Brain fog, mood, and mental wellness
- ✓ Sleep, stress, and energy solutions
- ✓ Heart health, bone health, and beyond
- ✓ Thriving in midlife and beyond



Your well-being matters.

This summit is your safe space to learn, ask questions, and take the next step toward feeling your best. 



Knowledge is power.
YOU DESERVE ANSWERS.

REGISTER NOW!

WisePause.com



Scan to register today! 