

15

Menopause Mental Health Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · How Is Menopause Affecting Your Mental Health

2 · Identifying Symptoms

3 · Managing Anxiety

4 · Reframing Negative Thoughts

5 · Setting Boundaries

6 · Self-Compassion

7 · Mindfulness

8 · Physical Wellness

9 · Coping with Hot Flashes

10 · Coping with Memory Issues

11 · Coping with Night Sweats

12 · Coping with Vaginal Dryness

13 · Coping with Urinary Incontinence

14 · Coping with Body Image Issues

15 · Finding Purpose and Meaning

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

Contents

How Is Menopause Affecting Your Mental Health	4
Identifying Symptoms.....	5
Managing Anxiety	7
Reframing Negative Thoughts	10
Setting Boundaries	12
Self-Compassion	13
Mindfulness	16
Physical Wellness	20
Coping with Hot Flashes	27
Coping with Memory Issues	29
Coping with Night Sweats	31
Coping with Vaginal Dryness.....	33
Coping with Urinary Incontinence	35
Coping with Body Image Issues	37
Finding Purpose and Meaning	40

How Is Menopause Affecting Your Mental Health

The following are common symptoms related to menopause. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I often experience rapid mood swings, shifting from irritability to sadness without clear reasons.”	1-2-3-4-5
2. “I feel persistent feelings of sadness or hopelessness, which may indicate depression.”	1-2-3-4-5
3. “I frequently feel anxious or nervous, even when there is no immediate cause.”	1-2-3-4-5
4. “I find myself easily irritated and frustrated by small things.”	1-2-3-4-5
5. “I have difficulty concentrating and often struggle to remember things.”	1-2-3-4-5
6. “I feel constantly tired and lack energy, even after a full night's sleep.”	1-2-3-4-5
7. “I feel self-conscious and concerned about changes in my body and appearance.”	1-2-3-4-5
8. “I find myself withdrawing from social interactions and preferring to be alone.”	1-2-3-4-5
9. “I feel less satisfied with my sexual life and experience changes in sexual function and desire.”	1-2-3-4-5
10. “I have difficulty falling or staying asleep, which affects my overall well-being.”	1-2-3-4-5

Score: ____/50

The score reflects the severity and impact of menopause on your mental health.

Identifying Symptoms

1. Review the list of symptoms categorized below. Check off any symptoms you have experienced. Add any additional symptoms in the space provided at the end of each category.

Physical Symptoms

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Irregular periods
- ☐ Vaginal dryness
- ☐ Breast tenderness
- ☐ Headaches
- ☐ Weight gain
- ☐ Hair loss or thinning
- ☐ Changes in skin texture
- ☐ Joint and muscle pain
- ☐ Fatigue
- ☐ Sleep disturbances
- ☐ Dizziness
- ☐ Heart palpitations
- ☐ Bladder control issues
- ☐ _____
- ☐ _____

Emotional Symptoms

- ☐ Mood swings
- ☐ Irritability
- ☐ Depression

- ☐ Anxiety
- ☐ Difficulty concentrating
- ☐ Memory lapses
- ☐ _____
- ☐ _____

Sexual Symptoms

- ☐ Decreased libido
- ☐ Pain during intercourse
- ☐ Decreased sexual response
- ☐ _____
- ☐ _____

Cognitive Symptoms

- ☐ Difficulty focusing
- ☐ Forgetfulness
- ☐ Mental foginess
- ☐ _____
- ☐ _____

Other Symptoms

- ☐ Dry mouth
- ☐ Dry eyes
- ☐ Bloating
- ☐ Allergies
- ☐ _____
- ☐ _____

Managing Anxiety

1. What situations or events typically trigger your anxiety?

Example: "I feel anxious when I have to attend social gatherings."

2. Are there specific times of day when your anxiety is worse?

Example: "My anxiety is usually worse in the mornings."

3. Do certain thoughts or fears contribute to your anxiety?

Example: "I worry about my health and aging."

4. What physical symptoms do you experience when you feel anxious?

Example: "I often have a racing heart and feel short of breath."

5. How do these physical symptoms impact your daily activities?

Example: "My anxiety makes it hard for me to concentrate at work."

6. What strategies have you tried to manage your anxiety?

Example: "I practice deep breathing exercises and mindfulness."

7. Which of these strategies have been most effective for you?

Example: "Mindfulness has helped me calm my mind."

8. Are there any new coping strategies you would like to try? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Regular Exercise:** Engage in activities like walking or swimming to improve mood and reduce stress.
- ☐ **Adequate Hydration:** Keep hydrated to help manage physical and mood symptoms.
- ☐ **Quality Sleep:** Prioritize good sleep hygiene; create a calming bedtime routine.
- ☐ **Deep Breathing Exercises:** Use breathing techniques to calm the mind during stressful moments.
- ☐ **Journaling:** Write down thoughts and feelings to process emotions.
- ☐ **Social Support:** Stay connected with friends and family to reduce feelings of isolation.
- ☐ **Support Groups:** Join menopause or women's health groups for shared experiences and advice.

- ☐ **Acupuncture:** Explore acupuncture to help alleviate symptoms like hot flashes and anxiety.
- ☐ **Pilates:** Strengthen your core and improve physical health with Pilates.
- ☐ **Aromatherapy:** Use essential oils like lavender to promote relaxation.
- ☐ **Massage Therapy:** Reduce stress and improve wellbeing with regular massages.
- ☐ **Time in Nature:** Spend time outdoors to boost mood and reduce depression.
- ☐ **Pet Therapy:** Interact with pets to reduce stress and increase happiness.
- ☐ **Visualization Techniques:** Use guided imagery to manage stress and improve relaxation.
- ☐ **Avoid Triggers:** Identify and avoid food and environmental triggers for symptoms.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

9. Do you have friends or family members you can talk to about your anxiety?

10. Are there any support groups or online communities you could join?

Reframing Negative Thoughts

1. What negative thoughts have you noticed recurring lately?

2. How do these thoughts make you feel physically and emotionally?

3. Question the validity of your negative thoughts. Consider if they are based on facts or assumptions.

- Are there any facts that support your negative thoughts?

- What evidence do you have that contradicts these negative thoughts?

3. How can you rephrase a negative thought into a more positive or balanced statement?

4. What positive outcomes or solutions can you focus on instead?

5. How would you comfort a friend who is experiencing similar negative thoughts?

6. What positive affirmations can you tell yourself to counteract the negativity?

Setting Boundaries

1. What are your current needs and limits regarding your personal and professional life?

Example: "I need quiet time in the evenings to unwind and relax. I also need to limit my work hours to avoid burnout."

2. How can you express your boundaries to others?

Example: "I feel overwhelmed when I have too many commitments. I need to limit my participation to one major event per week to manage my stress."

3. What challenges might you face in maintaining your boundaries, and how can you address them?

Example: "If someone repeatedly ignores my boundaries, I will reconsider my relationship with them."

Self-Compassion

Self-compassion involves treating yourself with the same kindness, concern, and support you'd offer to a good friend when facing difficulties. It entails recognizing your own suffering, acknowledging it without judgment, and being understanding toward oneself instead of being self-critical. It also involves recognizing that hardships are a shared human experience, helping you to connect with others in your vulnerability rather than feeling isolated.

1. How do you typically talk to yourself when you are struggling?

Example: "I often criticize myself for not handling things better."

2. What are some kind things you could say to yourself instead?

Example: "I am doing my best, and it's okay to feel this way."

3. How do you feel when you think you are the only one experiencing these challenges?

Example: "I feel isolated and like no one understands what I'm going through."

4. Can you remind yourself that others are experiencing similar challenges? How?

Example: "I can join a support group to connect with others going through menopause."

5. What activities help you feel nurtured and cared for?

Example: "Taking a warm bath, reading a book, and spending time in nature."

6. How can you incorporate more of these activities into your daily routine?

Example: "I will set aside 30 minutes each evening for self-care activities."

7. What affirmations can you use to remind yourself of your worth and resilience?

Example: "I am strong, capable, and deserving of love and compassion."

8. In what ways have you shown yourself compassion recently?

Example: "I allowed myself to rest when I was feeling exhausted."

9. How can you remind yourself to practice self-compassion during challenging times?

Example: "I can put sticky notes with positive messages around my home."

10. What are some self-compassionate responses you can use when facing criticism or failure?

Example: "Everyone makes mistakes; I can learn and grow from this experience."

Mindfulness

Mindfulness means being fully present and aware of my thoughts and feelings without judgment.

1. Do you currently practice mindfulness? How often?

2. What challenges do you face when trying to practice mindfulness?

3. How can you overcome these challenges?

4. What daily routines could you turn into mindfulness practices? The following are some suggestions.

Exercise 1. Mindful Breathing

- Find a comfortable seated position in a quiet place. Close your eyes and take deep, slow breaths.
- Focus entirely on your breathing, noticing the sensation of air entering through your nostrils, filling your lungs, and then slowly exhaling through your mouth.
- If your mind wanders, gently redirect it back to your breath.
- Continue this for about three to five minutes.

Exercise 2. Mindful Eating

- Choose one meal or snack during your day to eat mindfully.
- Before eating, observe the food, noticing its texture, color, and aroma.
- Take small bites and chew slowly, exploring the flavors and textures in your mouth.
- Focus on how the food makes you feel and the act of eating without distractions like TV or smartphones.

Exercise 3. Mindful Walking

- Begin your walk by bringing attention to how your body feels.
- Notice the sensation of your feet touching the ground and the rhythm of your steps.
- As you walk, engage your senses fully. Observe the colors and movements around you, feel the temperature of the air, and listen to the surrounding sounds. Try to maintain this awareness throughout your walk.

Exercise 4. Mindful Listening

- Sit in a comfortable position in a relatively quiet space. Close your eyes and tune in to the sounds around you, both near and far.
- Notice the variety of sounds without labeling or judging them.
- If your attention drifts to other thoughts, gently bring it back to the sounds you are hearing.

Exercise 5. Mindful Observation

- Select an object you can see from where you are sitting. It could be a plant, a book, or a simple household item.

- Spend a few minutes just observing it. Notice its shape, color, the way light falls on it, its texture, and any imperfections.
- Try to see this object as if you are seeing it for the first time, exploring every aspect of it.

Exercise 6. Mindful Stretching

- Stand or sit in a comfortable space where you can stretch without constraints.
- Start with gentle stretches, focusing on one part of your body at a time. As you stretch, breathe deeply and notice how each movement feels in your muscles and joints.
- Observe any areas of tension or relaxation, maintaining a gentle and accepting attitude towards your body.

Exercise 7. Mindful Coffee Break

- During your coffee or tea break, engage fully with the process.
- As you prepare your drink, notice the sound of the water boiling, the smell of the coffee or tea, and the warmth of the cup in your hands.
- Sit down with your drink, eliminating distractions like your phone.
- Savor each sip, noting the taste and the way it makes you feel.

Exercise 8. Mindful Commuting

- Whether you're driving, biking, or using public transport, use your commute as a time to practice mindfulness.
- If you're driving, feel the steering wheel in your hands and the sensation of the seat against your back.
- If you're a passenger, look out the window and notice the passing scenery with curiosity.
- Use this time to simply observe and be present with your surroundings.

Exercise 9. Mindful Showering

- Next time you shower, make it a mindful experience.
- Notice the temperature of the water and how it feels as it flows over your body. Smell the scent of your soap or shampoo. Watch the water droplets on the walls or curtain.
- Use this time to feel cleansed, not just physically but mentally, letting the shower wash away your stress and worries.

Exercise 10. Mindful Showering

- As you step into the shower, begin by taking a few deep breaths to center yourself.
- Feel the temperature and pressure of the water as it hits your skin. Notice the sensation of water flowing over your body. Observe the steam and how it fills the bathroom. As you use shampoo or soap, inhale the scents and pay attention to the lather's texture between your fingers.
- Move deliberately, washing each part of your body, and notice how the soap slides over your skin and how the water rinses it away.

Exercise 11. Mindful Hand Washing

- Start by observing the soap in your hand; notice its color, smell, and texture.
- As you turn on the tap, listen to the sound of the water and adjust it to a comfortable temperature.
- Pay close attention to the feeling of the soap bubbles forming between your fingers and on your palms.
- Rinse your hands under the stream of water, watching the soap being washed away, and feel the clean, cool sensation against your skin.

Physical Wellness

Sleep

1. How many hours of sleep do you typically get each night?

2. What time do you usually go to bed and wake up?

3. Do you have trouble falling asleep, staying asleep, or waking up too early?

4. Is your bedroom environment conducive to good sleep (e.g., dark, quiet, comfortable temperature)?

5. What changes can you make to your sleep environment to improve your sleep?

6. Do you have a consistent bedtime routine? If so, what does it include?

7. What activities do you engage in before bed that might negatively affect your sleep?

8. What new activities could you incorporate into your bedtime routine to promote better sleep? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Reading a Book:** Choose something light or calming to help wind down.
- ☐ **Listening to Soft Music:** Opt for gentle, soothing tunes.
- ☐ **Deep Breathing Exercises:** Slow, deep breaths can help relax the body.
- ☐ **Taking a Warm Bath:** The rise and subsequent fall in body temperature can promote sleepiness.
- ☐ **Writing in a Journal:** Jot down thoughts or reflections to clear your mind.
- ☐ **Drinking Herbal Tea:** Non-caffeinated options like chamomile can be soothing.
- ☐ **Listening to a Podcast or Audiobook:** Choose calming or non-stimulating content.
- ☐ **Setting Out Clothes for Tomorrow:** Reduce morning stress by planning ahead.
- ☐ **Planning Your Next Day:** Briefly outline tomorrow's tasks to ease anxiety.
- ☐ **Doing a Skincare Routine:** Engage in a calming, nightly skincare ritual.

- ☐ **Dimming the Lights:** Lower lights signal your body that it's time to wind down.
- ☐ **Using a Sleep Mask:** Block out light to help trigger sleep.
- ☐ **Practicing Visualization:** Imagine a peaceful setting to ease into sleep.
- ☐ **Listening to White Noise or Nature Sounds:** These can mask disruptive noises.
- ☐ **Limiting Screen Time:** Avoid screens at least an hour before bed to reduce blue light exposure.
- ☐ **Legs Up the Wall Pose:** This simple yoga pose can help calm the nervous system.
- ☐ **Stretching:** Light stretching can relieve physical tension.
- ☐ **Cuddling a Pet:** The presence of a pet can be very calming.
- ☐ **Humming or Soft Singing:** Gentle humming can be soothing before sleep.
- ☐ **Pillow Sprays:** Use a calming spray with a scent like lavender on your pillow.
- ☐ _____
- ☐ _____

Nutrition

1. Do you notice any foods that trigger mood changes or other symptoms?

2. Are you getting enough of essential nutrients like omega-3 fatty acids, vitamins, and minerals?

3. How much water do you drink each day?

4. Do you drink caffeinated or sugary beverages? How often?

5. What healthy foods can you incorporate into your diet to support mental health?

6. Are there any unhealthy eating habits you want to change? The following are some examples. Check off the ones that apply or add more to the list:

- ☐ **Skipping Meals:** Regularly missing meals can lead to overeating later and disrupt metabolism.
- ☐ **Overeating:** Consuming more food than your body needs can lead to weight gain and other health issues.
- ☐ **Eating Too Quickly:** Eating fast can prevent proper digestion and lead to overeating, as you might not realize you're full.
- ☐ **Late Night Snacking:** Eating late at night can disrupt sleep and lead to weight gain.
- ☐ **Not Drinking Enough Water:** Staying hydrated is crucial for digestion and overall health.
- ☐ **High-Sugar Diet:** Consuming too much sugar can increase the risk of obesity, diabetes, and heart disease.

- ☐ **Excessive Caffeine:** Too much caffeine can cause sleep disturbances and increase anxiety.
- ☐ **Using Food as a Reward or Comfort:** This can establish an unhealthy relationship with food, leading to emotional eating.
- ☐ **Relying on Processed Foods:** These often contain high levels of sodium, sugars, and unhealthy fats.
- ☐ **Lacking Variety in Diet:** Eating the same foods regularly can lead to nutritional imbalances.
- ☐ **Excessive Alcohol Consumption:** Regular and excessive intake can have serious health consequences.
- ☐ **Not Eating Enough Fruits and Vegetables:** These provide essential nutrients and fibers needed for good health.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Exercise

1. How often do you exercise, and what types of exercise do you do?

2. How do you feel before and after you exercise?

3. Do you experience any physical limitations or pain during exercise?

4. How does exercise impact your mood and mental health?

5. What types of exercise do you enjoy the most?

6. What are your fitness goals?

7. Are there any new types of exercise you would like to try?

8. How can you incorporate more physical activity into your daily routine?
The following are some suggestions. Check off the ones that may be helpful
or add more to the list:

- ☐ **Take the Stairs:** Opt for the stairs instead of elevators or escalators to increase leg strength and cardiovascular fitness.
- ☐ **Walk or Bike to Work:** If possible, replace driving with walking or biking.
- ☐ **Park Further Away:** Choose parking spots farther from your destination to add extra steps.
- ☐ **Stand Up Regularly:** If you have a desk job, stand up or take brief walks every hour.

- ☐ **Use a Standing Desk:** Switch between sitting and standing throughout your workday.
- ☐ **Walking Meetings:** Suggest walking meetings for work discussions instead of sitting in a conference room.
- ☐ **Morning Stretches:** Start your day with a routine of stretching exercises to wake up your body.
- ☐ **Family Activity Time:** Incorporate activities like bike rides or hikes into family time.
- ☐ **Active TV Watching:** Do exercises like jumping jacks or sit-ups while watching TV.
- ☐ **Take Longer Routes:** When walking in your building or to the store, take a longer route to increase your step count.
- ☐ **Lunchtime Walks:** Use part of your lunch break to take a brisk walk.
- ☐ **Exercise Apps:** Use apps that guide you through short workouts you can do anywhere.
- ☐ **Use Hand Weights:** Keep hand weights nearby and use them while reading emails or during phone calls.
- ☐ **Walk the Dog:** Make dog walking part of your routine, or offer to walk a neighbor's dog.
- ☐ **Play with Kids:** Engage in active play with children, like tag or soccer.

- ☐ _____
- ☐ _____
- ☐ _____

Coping with Hot Flashes

1. How often do you experience hot flashes?

2. When do your hot flashes typically occur (e.g., time of day, specific situations)?

3. What strategies have you tried to manage your hot flashes?

4. Which of these strategies have been most effective for you?

5. Are there any new strategies you would like to try to manage your hot flashes? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Wear Light Clothing:** Choose breathable, natural fabrics like cotton to help keep cool.
- ☐ **Maintain a Cool Environment:** Use fans, air conditioning, and keep your space well-ventilated.
- ☐ **Sip Cold Beverages:** Drinking cool water or herbal teas can help reduce your core temperature.
- ☐ **Avoid Spicy Foods:** These can trigger hot flashes in some individuals.

- ☐ **Limit Caffeine and Alcohol:** Both can exacerbate hot flashes.
- ☐ **Stop Smoking:** Smoking is linked to an increase in hot flashes.
- ☐ **Practice Deep Breathing:** Start a routine of slow, deep breathing exercises, especially at the start of a hot flash.
- ☐ **Use a Cooling Pillow:** These can help keep you cool at night and improve sleep.
- ☐ **Dress in Layers:** Easily removable layers help manage sudden changes in body temperature.
- ☐ **Exercise Regularly:** Physical activity can help balance hormones and manage symptoms.
- ☐ **Cool Showers:** Taking a cool shower before bed can help reduce nighttime hot flashes.
- ☐ **Stay Hydrated:** Drink plenty of water throughout the day.
- ☐ **Avoid Trigger Foods:** Besides spicy foods, hot drinks and hot foods can also trigger hot flashes.
- ☐ **Use Portable Fans:** Small handheld or desk fans can offer immediate cooling relief.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Coping with Memory Issues

1. How often do you experience memory issues?

2. What types of memory issues do you experience (e.g., forgetfulness, trouble concentrating)?

3. What strategies have you tried to improve your memory?

4. Which of these strategies have been most effective for you?

5. Are there any new strategies you would like to try to improve your memory? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Stay Physically Active:** Regular exercise increases blood flow to the brain and improves cognitive function.
- ☐ **Healthy Diet:** Focus on a diet rich in fruits, vegetables, whole grains, and omega-3 fatty acids (found in fish).
- ☐ **Adequate Sleep:** Ensure you get 7-9 hours of quality sleep per night to support memory consolidation.

- ☐ **Mental Stimulation:** Engage in puzzles, reading, or learning new skills to challenge and activate your brain.
- ☐ **Stay Socially Active:** Social interaction stimulates the brain and can ward off depression and stress, which can affect memory.
- ☐ **Memory Training:** Practice specific memory exercises or games designed to enhance memory.
- ☐ **Reduce Alcohol Consumption:** Excessive alcohol can impair cognitive function and affect memory.
- ☐ **Teach Others:** Teaching concepts or skills to others is a great way to reinforce your own memory and understanding.
- ☐ **Use Mnemonics:** Memory aids can help in recalling lists or complex information.
- ☐ **Set Reminders:** Use tools like calendars, planners, and digital reminders to support daily memory.
- ☐ **Focus on One Task at a Time:** Avoid multitasking which can hamper memory retention and attention to detail.
- ☐ **Organize Information:** Keep information well-organized so it's easier to retrieve and recall when needed.
- ☐ **Repeat Information:** Repetition strengthens the neural connections associated with memory.
- ☐ **Create Routines:** Having a routine can help reduce the cognitive load of remembering daily tasks.
- ☐ **Use All Senses:** The more senses involved in learning, the better the memory can be.
- ☐ **Write Things Down:** The act of writing helps with retention of information.
- ☐ _____
- ☐ _____
- ☐ _____

Coping with Night Sweats

1. How often do you experience night sweats?

2. When do your night sweats typically occur (e.g., time of night, specific conditions)?

3. What strategies have you tried to manage your night sweats?

4. Which of these strategies have been most effective for you?

5. Are there any new strategies you would like to try to manage your night sweats? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Wear Breathable Nightwear:** Opt for pajamas made from natural fibers like cotton, which allow the skin to breathe and help regulate body temperature.
- ☐ **Use Moisture-Wicking Bedding:** Invest in sheets and blankets made from moisture-wicking materials to keep the skin dry and comfortable.

- ☐ **Keep the Bedroom Cool:** Maintain a cool temperature in the bedroom, ideally around 65 degrees Fahrenheit (18 degrees Celsius).
- ☐ **Sleep with a Chill Pillow:** Some pillows are designed to stay cool throughout the night, which can help manage night sweats.
- ☐ **Maintain a Regular Sleep Schedule:** Going to bed and waking up at the same time every day can help regulate your body's internal thermostat.
- ☐ **Limit Spicy Foods and Caffeine:** Avoid eating spicy foods and consuming caffeine in the evening as they can trigger night sweats.
- ☐ **Use a Fan:** A bedside fan can help circulate air and keep the room cool.
- ☐ **Take a Cool Shower Before Bed:** A cool shower before bedtime can lower your body temperature and help you feel more comfortable.
- ☐ **Mindful Breathing:** Practice mindful breathing exercises in bed to reduce stress and help cool down the body.
- ☐ **Consider Natural Fiber Mattress Toppers:** Adding a topper made of natural fibers can enhance mattress breathability.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Coping with Vaginal Dryness

1. How often do you experience vaginal dryness?

2. What situations make your vaginal dryness worse?

3. What strategies have you tried to manage your vaginal dryness?

4. Which of these strategies have been most effective for you?

5. Are there any new strategies you would like to try to manage your vaginal dryness? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Use Water-Based Lubricants:** Apply water-based lubricants before sexual activity to reduce discomfort and irritation.
- ☐ **Try Vaginal Moisturizers:** Regular use of over-the-counter vaginal moisturizers can help maintain vaginal moisture.
- ☐ **Stay Hydrated:** Drinking plenty of water helps maintain general hydration levels, including vaginal moisture.

- ☐ **Avoid Irritating Soaps and Washes:** Use unscented, gentle cleansers instead of harsh soaps that can aggravate dryness.
- ☐ **Regular Sexual Activity:** Regular sexual stimulation can help improve blood flow and vaginal health.
- ☐ **Avoid Douching:** Douching can disrupt the natural balance of bacteria in the vagina and exacerbate dryness.
- ☐ **Use Cotton Underwear:** Cotton is breathable and helps prevent irritation in the vaginal area.
- ☐ **Avoid Tight Clothing:** Tight pants or underwear can increase discomfort and contribute to irritation.
- ☐ **Pelvic Floor Exercises:** Strengthening the pelvic floor muscles can enhance vaginal health.
- ☐ **Cool Compress:** Applying a cool compress can soothe irritation or inflammation caused by dryness.
- ☐ **Sitz Baths:** Regular sitz baths without soap can help soothe irritation.
- ☐ **Avoid Scented Feminine Hygiene Products:** These can irritate the vaginal area.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Coping with Urinary Incontinence

1. How often do you experience urinary incontinence?

2. What activities trigger your urinary incontinence (e.g., coughing, exercising)?

3. What strategies have you tried to manage your urinary incontinence?

4. Which of these strategies have been most effective for you?

5. Are there any new strategies you would like to try to manage your urinary incontinence? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Pelvic Floor Exercises (Kegels):** Strengthen pelvic floor muscles to improve bladder control.
- ☐ **Scheduled Toilet Trips:** Go to the bathroom at regular intervals to prevent urgency.
- ☐ **Fluid Management:** Monitor and moderate your fluid intake to avoid overwhelming the bladder.

- ☐ **Avoid Bladder Irritants:** Reduce intake of caffeine, alcohol, acidic foods, and carbonated drinks which can irritate the bladder.
- ☐ **Maintain a Healthy Weight:** Excess weight can increase pressure on the bladder and worsen incontinence.
- ☐ **Bladder Training:** Gradually increase the intervals between bathroom visits to train your bladder to hold urine longer.
- ☐ **Regular Exercise:** Stay active to maintain a healthy weight and reduce bladder pressure.
- ☐ **Use Absorbent Pads:** Wear protective pads or undergarments to absorb leaks.
- ☐ **Vaginal Cones:** Use weighted cones to strengthen pelvic muscles.
- ☐ **Avoid Heavy Lifting:** Lifting heavy objects can strain pelvic muscles and worsen incontinence.
- ☐ _____
- ☐ _____
- ☐ _____

Coping with Body Image Issues

1. What specific aspects of your body image do you feel most concerned about?

2. When did you first start noticing changes in your body that affected your self-image?

3. How do these body image concerns affect your daily life and activities?

4. Do you find yourself comparing your body to others? If so, how does this make you feel?

5. What negative self-talk do you engage in regarding your body image?

6. How can you replace this negative self-talk with positive affirmations?

7. What healthy habits can you adopt to improve your body image and overall health? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Regular Physical Activity:** Engage in activities you enjoy, like walking, cycling, or yoga, to boost mood and fitness.
- ☐ **Positive Self-Talk:** Replace negative thoughts with positive affirmations about your body and abilities.
- ☐ **Limit Screen Time:** Reduce exposure to social media and digital devices to decrease comparisons and enhance real-life interactions.
- ☐ **Journaling:** Write about your experiences and feelings to process emotions and foster self-understanding.
- ☐ **Laugh More:** Engage in activities that make you laugh to reduce stress and improve mood.
- ☐ **Read Inspirational Content:** Choose books, podcasts, and articles that promote positive body image and self-acceptance.
- ☐ **Practice Gratitude:** Regularly reflect on things you appreciate about your body and life.
- ☐ **Avoid Toxic Influences:** Distance yourself from people or environments that make you feel bad about yourself.
- ☐ **Stay Active Throughout the Day:** Incorporate movement breaks, especially if you have a sedentary job.
- ☐ **Engage in Hobbies:** Spend time on activities that make you feel good and offer a sense of accomplishment.
- ☐ **Dress Comfortably:** Wear clothes that make you feel good about yourself, regardless of trends.
- ☐ _____
- ☐ _____
- ☐ _____

8. How can you incorporate self-care practices into your routine to boost your body confidence? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Morning Stretching:** Start your day with a gentle stretching routine to wake up your body and mind.
- ☐ **Skin Care Ritual:** Develop a skincare routine that makes you feel pampered and good about your appearance.
- ☐ **Affirmations:** Use positive affirmations that focus on your strengths and the things you appreciate about your body.
- ☐ **Spa Days at Home:** Create a spa-like environment at home with baths, facials, and relaxation.
- ☐ **Socialize:** Spend quality time with friends and family who uplift you and make you feel good about yourself.
- ☐ **Nature Walks:** Take walks in nature to connect with the environment and feel grounded.
- ☐ **Dance:** Dance freely to your favorite music to feel joyful and alive in your body.
- ☐ **Pampering Sessions:** Regularly schedule time to pamper yourself, whether it's a massage, a new hairstyle, or other treatments.
- ☐ **Rest Days:** Allow yourself full rest days where no structured activities are planned, giving your body time to recover.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Finding Purpose and Meaning

1. What values are most important to you in life? (e.g., Honesty, compassion, resilience, and creativity.)

2. How do these values influence your daily decisions and actions? (e.g., My value of honesty prompts me to be transparent in my communications at work.)

3. What are your greatest strengths and talents? (e.g., Effective communication, problem-solving, empathetic listening, and artistic skills in painting.)

4. What activities or subjects are you passionate about and enjoy doing?

5. What are some goals you would like to achieve that align with your values and interests?

6. How can you break these goals down into smaller, actionable steps?

7. What hobbies or activities have brought you joy in the past?

8. Are there any new activities you would like to try that might bring you fulfillment?

9. Who in your life shares your interests and values?

10. How can you build or strengthen relationships with these people?

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No diagnosis is established by the title.
- ICD-11 CDDR: · No diagnosis is established by the title.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 8, 9, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 38, 39, 40. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess duration, distress/functional impairment, cultural and medical context, substance/medication effects, and relevant differential diagnoses before assigning any diagnosis.

Document-specific corrections

- Pages [2] · Frame · Menopause Mental Health · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 4, 6, 22, 29, 35, 38] · Treat the Menopause Mental Health ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [1, 2, 3, 8, 9, 13, 14, 15, 16, 18, 20, 21, 22, 27, 28, 29, 30, 31, 32, 33, 34, 35, 38, 39, 40] · Psychological exercises must not replace reproductive-health or medical assessment. Review medications, hormonal/medical contributors, pain, sleep, fertility-treatment effects, pregnancy status, and acute mood risk with appropriately qualified professionals. Apply this specifically to the workbook's How Is Menopause Affecting Your Mental Health, Identifying Symptoms, Managing Anxiety, Reframing Negative Thoughts sections.
- Pages [1, 3, 4, 5, 6, 8, 9, 14, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 28, 29, 30, 32, 33, 34, 35, 36, 40] · Review all medical assertions in Menopause Mental Health with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.

Measures, scoring, and permissions

- Treat the Menopause Mental Health ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Psychological exercises must not replace reproductive-health or medical assessment. Review medications, hormonal/medical contributors, pain, sleep, fertility-treatment effects, pregnancy status, and acute mood risk with appropriately qualified professionals.
- Screen with validated instruments only when administration and interpretation are appropriate; assess bipolar disorder, psychosis, suicidality, medical contributors, medication issues, and risk to dependents where relevant.

Crisis and current resources

- For immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org. Outside the U.S., use verified local emergency and crisis services. A workbook is not a crisis service or safety plan.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.acog.org/programs/perinatal-mental-health/patient-screening>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.who.int/publications/i/item/9789240077263>
- <https://988lifeline.org/>
- <https://www.acog.org/clinical/clinical-guidance/clinical-practice-guideline/articles/2023/06/screening-and-diagnosis-of-mental-health-conditions-during-pregnancy-and-postpartum>