

what's happening to me?

As we move into our 40s and beyond, our **bodies**, **minds**, **emotions**, and **spirits** can undergo a lot of shifts. How many of these changes are familiar to you?

physical

insufficient or poor quality sleep
feeling dizzy or faint
headaches, pressure or tightness in head
dry eyes, change in vision
thinning, dry hair

unusually rapid or strong heartbeats
breast tenderness
difficulty breathing
bone loss
change in digestion
increased reflux, acidity
weight gain, especially around the waist

hot flashes, night sweats
dry, itchy, thinning skin, including in genital area
change in cholesterol levels

irregular, heavier than usual periods
incontinence/urinary urgency
loss of pelvic floor tone, prolapse
worsened pms
loss of interest in sex, pain during sex

numbness, tingling in hands and feet
dry, brittle nails
clumsiness, easier bruising
sore, stiff, painful muscles and joints

intellectual

brain fog
forgetfulness
loss of focus
cognitive problems

emotional

feeling nervous, anxious, excitable
feeling blue, unhappy, depressed
rapid, wide mood swings
panic attacks
crying spells
irritability, rage

spiritual

fatigue, low energy
loss of interest in the usual things
desire for change in personal/professional life

you have questions

Am I the only one feeling this way? Is this normal...or just common? Should I be worried? What can I do to feel better?

we help you find your answers

We also provide you with a wealth of community, inspiration, and information.

join our (sorta) secret sisterhood

<https://is.gd/SSSsneakpeek>

