

The Perimenopause & Menopause

*Symptom
Relief*

Cheatsheet

BLACK HILLS LIFESTYLE COACH



Hi friend!

Perimenopause and menopause can bring a range of frustrating symptoms, but the good news is—relief is possible! This cheat sheet gives you **quick, science-backed strategies** to manage hot flashes, sleep issues, mood swings, weight gain, brain fog, and more.

Use these simple tips to feel your best and regain control of your health during this transition.

Gracefully,

Katie

Black Hills Lifestyle Coach

BLACK HILLS LIFESTYLE COACH

Common Peri/Menopause Symptoms

(AND HOW TO RELIEVE THEM)

01

Hot Flashes & Night Sweats

Try:

- Cool-down strategies: Wear breathable fabrics, use a cooling pillow, and keep your bedroom cool.
- Deep breathing: Slow, controlled breaths can reduce the intensity of hot flashes.
- Supplement support: Vitamin E, flaxseed oil, and aloe vera juice
- Avoid triggers: Cut back on caffeine, alcohol, and spicy foods.
- Consistent exercise and movement!

02

Sleep Disturbances & Insomnia

Try:

- Magnesium glycinate before bed to support relaxation.
- A consistent sleep routine: Go to bed and wake up at the same time daily.
- Reduce blue light exposure: No screens at least 1 hour before bed.
- Herbal teas: Chamomile and valerian root can promote restful sleep.
- Guided relaxation audio or meditation/prayer audio
- Early morning, outdoor movement: 10 minute walk outside before the kids wake up or work!

03

Mood Swings & Anxiety

Try:

- Omega-3s (from fatty fish or flaxseeds) to support brain function and mood.
- Regular movement: Walk, do yoga, or try strength training.
- Adaptogenic herbs: Ashwagandha and Rhodiola help regulate stress hormones.
- Deep breathing & mindfulness: 5-10 minutes of daily meditation can help.
- Prayer and journaling: Personal relationship with Jesus Christ through quiet prayer and reflection with His Word

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04

Weight Gain & Slowed Metabolism

Try:

- Strength training: Helps preserve muscle mass and boost metabolism.
- Protein-rich diet: Aim for 20-30g of protein per meal.
- Intermittent fasting: Consider a 12-14 hour overnight fast.
- Reduce sugar & refined carbs: Focus on whole foods and fiber.

05

Brain Fog & Memory Issues

Try:

- Nootropic supplements: Bacopa Monnieri, Lion's Mane, and Ginkgo Biloba support cognition.
- Hydration: Drink plenty of water—dehydration can worsen brain fog.
- Sleep optimization: Aim for 7-9 hours of quality sleep.
- Mental stimulation: Read, do puzzles, or learn a new skill.

06

Low Libido & Vaginal Dryness

Try:

- Hydration & healthy fats: Avocados, nuts, and omega-3s support hormone balance.
- Pelvic floor therapy: Strengthening pelvic muscles can improve sensation.
- Hyaluronic acid suppositories: Help with vaginal dryness and tissue health.
- Open communication: Talk to your partner about changes and seek guidance if needed.

Quick Lifestyle Hacks

FOR HORMONE BALANCE

01

Stay Hydrated – Aim for at least 8 glasses of water daily.

02

Get Sunlight Exposure – Supports Vitamin D production and mood balance. Especially early morning=restful sleep at night

03

Prioritize Strength Training – Helps maintain metabolism and bone density.

04

Reduce Alcohol & Sugar – Stabilizes blood sugar and reduces inflammation.

05

Daily Stress Management – Meditation, prayer, journaling, or nature walks can help.

READY FOR

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Self-paced, 12 module program with
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