



Post menopause

Workbook

The Next Chapter of You

A guided wellness workbook for post-menopause clarity, confidence, and calm.



Created with care by **Serenity**
Mojo

So... Now What?



– A Gentle Post Menopause Check-In

Where Am I
Now?

What's
Changed?

Where Do I
Want to
Focus Next?

You're still evolving. Let that feel like freedom.

Read more reflections at serenitymojo.co.uk/blog



What's Still Showing Up?

Track your symptoms weekly—and personalise it with your own. Each note helps bring your body's whispers into view. Small shifts often reveal the bigger picture.

Symptoms	1	2	3	4	5	6	7
<i>Hot flushes</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Headaches</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Vaginal Dryness</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Insomnia</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Libido Changes</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Dry Skin</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Changable Mood</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Urinary Incontinence</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Joint Aches and Pains</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Weight Changes</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Lacking energy</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Take this along to your next practitioner session—what you track helps shape what gets supported. It may also be helpful at your next GP appointment

The Four Pillars

Read more about these in the [Serenity Mojo blog](#)



Hormone Support

Took my supplements

Balanced meals

Restorative sleep

M	T	W	T	F	S	S
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note any shifts in mood, energy, or cycle cues?



Blood Sugar Balance

Eaten PFC with every meal and snack

Pause and check your plate—is it balanced with protein, fats, and non-starchy carbohydrates to keep you steady?

Note your Cravings, Energy dips and What helped



My Main Stressors

Where did I find ease today?

Gut Health

- ## Foods or habits that felt helpful?

Hormone Balance

Clarity Chart



	Low Oestrogen	Oestrogen Dominance	Low Progesterone
Mood & Mind	Low mood, memory lapses, loss of motivation	Irritability often with high histamine, anxiety, mental restlessness	Mood swings, sleep issues, feeling overwhelmed
Body Signals	Vaginal dryness, Long and slow hot flushes, loss of bone density, joint pain	Breast tenderness, fluid retention PMS or low thyroid symptoms	Headaches, spotting, histamine intolerance, itchiness
Energy & Rhythm	Fatigue, low libido, slower recovery	Energy crashes, cravings, weight gain around hips and thighs	Trouble winding down, trouble staying asleep, wired-tired feeling

Symptoms often overlap—this isn't about labels. It's about noticing what's consistent, what's changing, and what feels most out of sync right now.

Want to know more? check out this [Serenity Mojo blog](#)



Toxin Exposure Reflection

Clearing Space to Feel Better

Reducing what burdens your body creates more capacity for calm, energy, and efficiency.

Read more about belly fat in this [Serenity Mojo Blog](#).

In the Bathroom:

- ☐ Fragrance-heavy products
- ☐ Plastic packaging
- ☐ Toxic personal care products
- ☐ Non-natural cleaning products

In the Kitchen:

- ☐ Non-stick pans
- ☐ Plastic food containers
- ☐ Processed or ultra-packaged foods

Around the Home:

- ☐ Air fresheners/sprays
- ☐ Chemical cleaning products
- ☐ Scented laundry detergents
- ☐ Scented Candles

One Thing I Could Try Differently This Week...

For example: Swap plastic for glass
Try an unscented body moisturiser

When the body isn't dealing with constant low-level chemical stress, it has more energy to handle the bigger things—like hormone balance, stress recovery, and metabolic repair.

Creating space in your environment creates space in your nervous system.

Start small, and celebrate the shifts.



Ageing Well Self-Audit

What Does Ageing Well Mean to Me?

A reflective space to check in with how you're feeling, what you need, and where you're growing.

How I Feel in My Body

What's feeling strong or stable?

Where do I feel discomfort or change?

What am I grateful to my body for today?

What I Want to Support

Where might I want to focus support (e.g., energy, mobility, sleep, mindset)?

Defining Ageing Well—My Way

When I picture myself ageing well, what does that look and feel like?

What qualities (resilience, joy, vitality, purpose) matter most to me now?

I am becoming more myself with every year.

Read about Post Menopause and Ageing in this [Serenity Mojo Blog](#)



Stepping Into What's Next

You've Come a Long Way—This is Simply the Shift

You've reflected, tracked, realigned. Now it's time to keep the momentum going—with support that meets you where you are

What's Changed? (tick any that resonate)

- ☐ I'm sleeping more consistently
- ☐ My energy feels steadier
- ☐ I understand my body's rhythms better
- ☐ I notice earlier when something feels "off"
- ☐ My boundaries feel easier to hold
- ☐ I feel more at ease in my skin
- ☐ I'm making choices that feel aligned with my values
- ☐ I speak up more—without overthinking
- ☐ I recover faster from stress
- ☐ I've let go of things that used to drain me

Your Notes

What's Next? (circle or note what feels most relevant)

- I want deeper support with nutrition or supplements
- I'd love more personalised guidance
- I'm curious about the **Serenity Mojo Method**
- I'd like to focus on rebuilding energy reserves
- I'm ready to explore joyful movement or strength
- I want to understand my thyroid, adrenal, or metabolic patterns more deeply
- I'm interested in mood, mindset, and nervous system support
- I'd like to connect dots between my symptoms and solutions
- I'm ready to move from coping... to thriving

Serenity Mojo Method Involves:

- 🌻 Uncovering where your body is stuck
- 🌻 Education & empowerment
- 🌻 Learning to reduce your stress load and increase your body's capacity to cope
- 🌻 Find your body the right tools to heal and function
- 🌻 Build lasting balance

*Find out more about how I help,
here*

Where You Go From Here

This Isn't a Finish Line—It's a Turning Point

You've slowed down, tuned in, and gently explored what post-menopause means for you. Whether you're continuing to track symptoms, build new habits, or deepen your understanding—this is your moment to carry that clarity forward.

What's Next:

- 🌻 Explore the [Serenity Mojo Method™](#) for personalised wellness support
- 🌻 Join the next blog series: Understanding Stress & Capacity Increase
- 🌻 Reach out for 1:1 support, clarity calls, and how to [find your balance](#)

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*You're not starting over—you're honouring
how far you've come.
And you're not doing it alone.*