

Complete List of Perimenopause Symptoms

Perimenopause can feel confusing, but **recognizing that you're in it is actually a powerful first step**. When you understand what's happening in your body, you can begin to take control — gently, and on your own terms. Menopause is a natural and inevitable phase of life, but the earlier you start supporting yourself through it, the easier and more balanced the journey can be. There's no need for fear or stress— just awareness and small, meaningful actions.

Use the list below to mark your symptoms, self-assess, and understand if you may already be in perimenopause. **This list isn't here to scare you — it's here to give you clarity**, so you can move forward with confidence and care.

Mood Disturbances

- ☐ Irritability
- ☐ Mood swings
- ☐ Anxiety
- ☐ Depression
- ☐ Sudden crying spells
- ☐ Rage or anger outbursts
- ☐ Emotional sensitivity
- ☐ Feeling easily overwhelmed
- ☐ Feelings of hopelessness or dread
- ☐ Increased emotional reactivity

Sleep-Related Symptoms

- ☐ Difficulty falling/staying asleep
- ☐ Restless/light sleep
- ☐ Nighttime anxiety
- ☐ Waking at 2-4am with racing thoughts
- ☐ Feeling unrefreshed after sleep
- ☐ Increased sensitivity to sound at night
- ☐ Vivid or emotionally intense dreams

Cognitive Changes

- ☐ Brain fog
- ☐ Difficulty concentrating
- ☐ Forgetfulness
- ☐ Slower word recall ('tip-of-the-tongue' syndrome)
- ☐ Short-term memory lapses
- ☐ Mental fatigue
- ☐ Trouble following conversations or reading
- ☐ Reduced mental stamina
- ☐ Difficulty multitasking

Identity & Self-Perception

- ☐ Decreased motivation
- ☐ Loss of confidence or self-trust
- ☐ Feeling disconnected from yourself
- ☐ Loss of joy or purpose
- ☐ Feeling emotionally numb or flat
- ☐ Fear of losing control
- ☐ Shame about not 'handling things better'
- ☐ Impostor syndrome at work or home

Situational Anxiety & Panic

- ☐ Driving anxiety
- ☐ Social anxiety
- ☐ Panic attacks
- ☐ Claustrophobia or fear in enclosed spaces
- ☐ Anticipatory anxiety

Other Symptoms

- ☐ Disorientation or feeling 'detached' from reality
- ☐ Increased sensitivity to criticism
- ☐ Overthinking or looping thoughts
- ☐ Heightened emotional flashbacks
- ☐ Existential dread or anxiety about aging
- ☐ Difficulty making decisions or committing to plans

Sexual & Reproductive

- ☐ Vaginal dryness or burning
- ☐ Pain during sex
- ☐ Decreased libido
- ☐ Decreased arousal & orgasm intensity
- ☐ Increased time to reach orgasm
- ☐ Changes in vaginal pH
- ☐ Increased frequency of vaginal infections
- ☐ Bacterial vaginosis
- ☐ Vaginal atrophy

Menstrual Cycle Changes

- ☐ Shorter, longer, or skipped cycles
- ☐ Heavier/lighter bleeding
- ☐ Spotting
- ☐ Intense or changing PMS
- ☐ Ovulation pain
- ☐ Breast tenderness or fullness
- ☐ Increased fluid retention or bloating around cycle
- ☐ Changes in breast size or shape
- ☐ Breast density changes
- ☐ Cervical mucus changes
- ☐ Shifts in libido or arousal with cycle phases

Urinary Symptoms

- ☐ Urinary urgency
- ☐ Needing to urinate more often
- ☐ Waking at night to urinate
- ☐ Incontinence or leaking
- ☐ Recurrent UTIs
- ☐ Bladder discomfort
- ☐ Difficulty emptying bladder completely
- ☐ Pelvic floor muscle weakness or dysfunction

Urinary & Pelvic

- ☐ Pelvic pressure or heaviness
- ☐ Pain or discomfort in the lower pelvis
- ☐ Vaginal prolapse
- ☐ Tailbone pain

Fertility & Reproductive

- ☐ No ovulation even with a period
- ☐ Difficulty conceiving
- ☐ Decline in egg quality
- ☐ Increased sensitivity to hormonal birth control
- ☐ Shortened or unpredictable fertile window

Body Composition & Metabolism

- ☐ Weight gain (especially around the belly)
- ☐ Fat redistribution (hips to waist)
- ☐ Insulin resistance
- ☐ Higher fasting glucose or A1C
- ☐ Sugar / carb cravings
- ☐ Emotional eating
- ☐ Increased thirst
- ☐ Chronic fatigue
- ☐ Iron deficiency
- ☐ Changes in appetite

Vasomotor Symptoms

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Cold flashes
- ☐ Temperature sensitivity
- ☐ Chills or sudden temperature drops
- ☐ Flushing or red face/chest
- ☐ Trouble regulating body temperature
- ☐ Sensitivity to heat, layered clothing, or warm environments

Muscle, Joint & Bone Health

- ☐ Joint pain
- ☐ Muscle aches or stiffness
- ☐ Frozen shoulder
- ☐ Lower back pain
- ☐ Neck or jaw tension
- ☐ Increased injuries or slower recovery
- ☐ Loss of muscle tone
- ☐ Osteopenia
- ☐ Decreased strength or coordination
- ☐ Increased sensitivity to physical pain

Cardiovascular & Circulatory

- ☐ Heart palpitations or fluttering
- ☐ Increased blood pressure
- ☐ Elevated LDL or total cholesterol
- ☐ Decreased HDL
- ☐ Dizziness
- ☐ Fluid retention (hands, feet, face)
- ☐ Cold hands/feet
- ☐ Chest tightness or heaviness
- ☐ Increased risk of heart disease
- ☐ Varicose veins
- ☐ Swollen hands or feet

Nerve & Sensory System

- ☐ Tingling in hands, feet, or face
- ☐ Numbness
- ☐ Electric shock sensations
- ☐ Internal vibrations
- ☐ Burning sensations
- ☐ Heightened sensitivity to touch or textures
- ☐ Phantom smells
- ☐ Loss of smell or taste
- ☐ Sensory overload

Body Aches & General Pain

- ☐ Chronic pain or inflammation
- ☐ Body aches without a clear cause
- ☐ Headaches or migraines
- ☐ Restless legs or leg cramps
- ☐ Tingling or numbness in extremities
- ☐ Jaw or facial pain
- ☐ Burning or stabbing pain (nerve-related)

Immune & Inflammatory

- ☐ Increased allergies or sensitivity to pollen, dust, foods
- ☐ Histamine intolerance
- ☐ Sinus issues or chronic congestion
- ☐ Frequent colds, infections
- ☐ Autoimmune flares
- ☐ Sore throat or swollen lymph nodes
- ☐ Increased systemic inflammation

Skin, Hair & Nails

- ☐ Dry/itchy skin
- ☐ Rash/redness
- ☐ Acne/breakouts
- ☐ Skin thinning or bruising
- ☐ Skin crawling or tingling sensation
- ☐ Skin tags
- ☐ Slower wound healing
- ☐ Thinning scalp, eyelashes, eyebrows
- ☐ Hair shedding or texture changes
- ☐ Brittle nails
- ☐ Nail ridges or peeling

Digestion Issues

- ☐ Bloating/gas
- ☐ Constipation/Diarrhea
- ☐ Slower digestion
- ☐ Nausea
- ☐ Acid reflux / heartburn / GERD ☐ Indigestion
- ☐ Feeling full quickly
- ☐ Food intolerances or new sensitivities
- ☐ Increase/loss of appetite
- ☐ Cramping
- ☐ IBS-like symptoms/flare
- ☐ Gallbladder issues
- ☐ Candida

Eye, Ear & Mouth

- ☐ Dry eyes
- ☐ Blurry vision
- ☐ Light sensitivity
- ☐ Eye twitching
- ☐ Ringing in the ears
- ☐ Increased hearing sensitivity
- ☐ Metallic taste in mouth
- ☐ Burning mouth syndrome
- ☐ Sore tongue
- ☐ Bleeding gums
- ☐ Hoarseness
- ☐ Lump-in-throat sensation
- ☐ Itching ears

Other Hormone Changes

- ☐ Hemorrhoids
- ☐ Voice changes
- ☐ Dry mouth
- ☐ Swollen lymph nodes
- ☐ Swollen or bleeding gums
- ☐ Changes in dental health
- ☐ Increased sweating
- ☐ Loss of physical stamina
- ☐ Decreased resilience to physical stress
- ☐ Hormone-related migraines
- ☐ Fluid retention

Decode Your Symptoms: Take Control of Your Health

About Me: Vered Westell, NBC-HWC, MC

Hi, I'm Vered—a National Board Certified Health & Wellness Coach with over 7 years of experience guiding women through the complexities of perimenopause.

Understanding the symptoms you're experiencing right now can be the turning point toward taking meaningful control of your health.

I know firsthand how confusing and isolating perimenopause can feel—but clarity brings confidence, and that's exactly why I created this comprehensive list of symptoms.

My goal is to empower you with awareness and practical strategies, so you can gently and confidently support your body and mind through every change. Since 2017, I've helped hundreds of women move beyond confusion and frustration into a space of clarity, support, and self-compassion.

Remember, every symptom you notice, every step toward understanding your body better, matters immensely. And you're never alone—I'm here cheering you on every step of the way.

If you found this guide helpful or if you have questions, please reach out. Share your experiences, your struggles, and your victories. I'm always here to support you.

With warmth and encouragement,

Your Health Coach, Vered

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