

# 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  
headaches, pressure or tightness in head  
feeling dizzy or faint  
dry eyes, change in vision  
swollen, sore gums, dental issues  
thinning, dry hair  
unusually rapid or strong heartbeats  
change in cholesterol levels  
breast tenderness  
difficulty breathing  
bone loss  
nausea, changes in digestion  
increased reflux, acidity  
weight gain, especially around the waist  
hot flashes  
night sweats  
dry, itchy, skin,  
thinning skin, including in genital area  
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  
loss of muscle/muscle tone  
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 what we used to love  
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? How can I 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>

