“Is This Perimenopause?”

a self-assessment for women in their 30s & 40s



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Welcome

Hey beautiful friend,

If your body feels like it's spinning out, you're not alone – and you're definitely not "too young" to be feeling the way you are.

Hormonal shifts can start much earlier than most of us are told – and symptoms can feel like stress, burnout, anxiety, or worse. I created this self-assessment to help you feel seen, understood, and empowered to take the right next step.

This isn't about labels or diagnosis – it's about clarity. And **the more you understand what's happening in your body, the better you can care for it.**

You've got this. I'm here to help.

-Kelsey

04-05

WHAT’S GOING ON IN YOUR BODY

Hormone Clarity Without the Jargon. Get a simple breakdown of what each hormone does, how they change during perimenopause, and why even “normal” labs don’t tell the full story.

06-07

TAKE THE SELF-ASSESSMENT

Decode Your Symptoms & Spot the Patterns. Use this quick quiz to uncover whether your symptoms align with stress, hormone imbalance, or early perimenopause — and get clarity on what’s really going on.

08-09

WHAT IT MEANS & WHAT TO DO NEXT

Understand Your Results + Build a Plan. Get personalized insights based on your answers, and find out how to take the next step toward feeling like yourself again — with support, not guesswork.

WHAT YOUR HORMONES ARE REALLY DOING

HORMONES DON'T JUST DROP – THEY SWING. THIS CHART SHOWS HOW HIGHS *AND* LOWS CAN AFFECT YOUR MOOD, CYCLES, SLEEP, AND ENERGY.

Hormone	What It Does	What Happens in Perimenopause	Symptoms When LOW	Symptoms When HIGH
Estrogen	Supports mood, bone health, vaginal tissue, skin, and menstrual cycles	Becomes erratic – often too high before it drops low	Hot flashes, vaginal dryness, brain fog, night sweats, anxiety, joint pain	Sore breasts, irritability, bloating, migraines, heavy periods, anxiety
Progesterone	Calms the nervous system, supports sleep, reduces inflammation, balances estrogen	Declines early and steadily	Insomnia, anxiety, PMS, irregular cycles, estrogen dominance	(Rare to be high naturally; often low relative to estrogen)
Testosterone	Drives libido, confidence, focus, muscle strength, motivation	Gradually declines, but can spike in response to stress or poor estrogen balance	Low libido, fatigue, muscle weakness, low motivation	Irritability, acne, hair loss, facial hair (hirsutism), aggression
Cortisol	Helps manage stress, blood sugar, inflammation, energy	Overproduced due to chronic stress; can lead to burnout or crash later	Fatigue, burnout, depression, belly fat, sugar cravings	Anxiety, insomnia, racing thoughts, blood sugar crashes, tired-but-wired feeling

THE HORMONE ROLLER COASTER

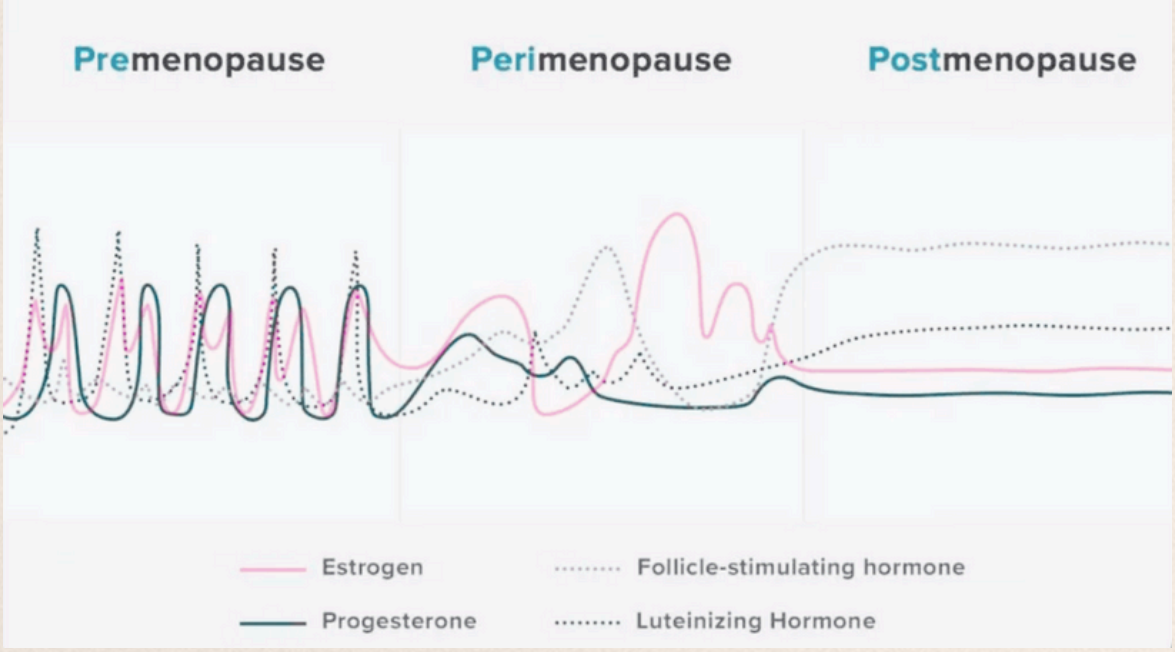

Chart adapted from clinical sources. Your timeline may vary — but the ups and downs are real.

Hormones don't just slowly fade out – they swing, spike, and crash long before menopause hits. This chart shows how four key reproductive hormones (estrogen, progesterone, FSH, and LH) fluctuate through premenopause, perimenopause, and post-menopause.

If you've been told "your labs look normal," but you still feel off? You're not imagining it. Your labs just aren't showing the full picture. You're in transition – and your body is asking for support.

WHAT'S REALLY GOING ON?

YOUR HORMONE SELF-ASSESSMENT QUIZ: CHOOSE THE OPTION THAT FEELS MOST TRUE RIGHT NOW – GO WITH YOUR GUT!



How would you describe your period lately?

A. It's still regular-ish, but I've definitely been more stressed around it.
B. It's getting weird – shorter, heavier, or painful for no reason.
C. Total chaos: late, early, skipped, heavy, spotting – it's a wild ride.

What's your mood been like recently?

A. I feel numb or emotionally drained most of the time.
B. I'm edgier, more anxious, or snappy, especially around my cycle.
C. I cry over commercials and then rage over dishes – same day.

How are your sleep and energy levels?

A. I'm running on fumes and coffee – even when I sleep, I'm tired.
B. I crash before 9 some nights, then get random bursts of energy.
C. I'm wide awake at 3AM, wired-but-tired all day, and can't predict anything.

What changes are you noticing in your body?

A. My body feels inflamed, like stress is living in my tissues.
B. My weight, libido, or digestion are off even though my habits haven't changed.
C. My joints ache, I sweat at night, my skin's changing – nothing feels like mine anymore.

How's your relationship with your brain lately?

A. I'm constantly overwhelmed or checked out mentally.
B. I'm forgetting words, zoning out, or feeling foggy more often.
C. It's like I'm watching myself from outside my body – something's off.

What's happening with the rest of your hormones?

A. I'm sensitive to everything – stress, light, noise, people.
B. I've noticed breakouts, breast tenderness, or libido swings.
C. I'm spotting, sweating, dry "down there," and feel like I've aged 5 years in 1.



Reflection:
What stood out to you?

How does it feel to see your symptoms laid out like this?



WHAT YOUR RESULTS MIGHT MEAN



Mostly A's: Stress & Burnout

Your symptoms are showing up like a neon sign saying: "I can't keep pushing." You may not be dealing with a deep hormonal imbalance – yet – but your nervous system is clearly on high alert.

This doesn't mean you're doing anything wrong. It means your body is doing everything it can to protect you. Let's support it.

Mostly B's: Hormonal Imbalance

You're likely in a hormone fluctuation zone – not quite full-on perimenopause, but definitely not in full balance either.

Mood swings, cycle weirdness, foggy focus, low energy... they're not in your head. Your hormones are talking – and now's a powerful time to listen and realign before things spiral.

Mostly C's: Possible Early Perimenopause

The chaos, the changes, the "WTF is happening to my body?" moments – it's not just you. These are classic signs of early perimenopause.

The good news? You can still feel like yourself again. But you'll need a plan – one that works with your hormones, not against them.

READY TO GO FROM "WTF IS HAPPENING WITH MY BODY" TO "I HAVE A PLAN"?

ON THE NEXT PAGE, I'LL SHOW YOU HOW WE CAN BUILD YOUR HORMONE-BALANCING ROADMAP – TOGETHER.



READY TO GO FROM “WTF IS HAPPENING?” TO “I HAVE A PLAN”?

Join me for a live class + guided workshop:

“HOW TO MANAGE EARLY PERIMENOPAUSE”

- Live class with real talk and expert guidance
- Learn strategies to navigate + manage early perimenopause and similar hormone imbalances
- Workshop time to build your personalized hormone-balancing plan
- Live Q&A – ask me anything!
- Bonus: Get your first month of access to the Audre Women’s Wellness Membership for just $1

JOIN THE CLASS + WORKSHOP