



Sabine Gee
REDEFINING MIDLIFE

5 Menopause Symptoms That Slow You Down — and How to Recognize Them

So exhaustion, brain fog & co. don't become a career blocker



A guide for women in midlife who are ready to stop just “functioning” — and instead want to understand what’s happening in their bodies, take targeted action, and move forward with renewed energy, clarity, and confidence.



SYMPTOM 1:

Brain Fog & Trouble Concentrating

We women are masters of multitasking.

But lately, do you feel like your thoughts are constantly scattered? Like the second you complete one task, you've already forgotten what's next?

Many women report forgetfulness and "brain fog." And while it's frustrating, it can also feel scary — "Am I getting Alzheimer's?" Take a breath: in most cases, the answer is no.

What's really going on?

As hormone levels drop, our brain function can take a hit — and many don't know that hormones are also produced in the brain itself. Testosterone, for example, plays a crucial role in memory, focus, and mental sharpness. When levels fall, cognitive clarity can too.



What you can do:

Consider hormone therapy:

Talk to your doctor about testing and exploring safe options.

Omega-3s: These healthy fats support brain function and can reduce fog and forgetfulness.

Be patient with yourself: Your brain is recalibrating. With time, support, and care, clarity returns.



SYMPTOM 2: Irritability & Mood Swings

Do you sometimes feel overly sensitive, suddenly sad, or unreasonably annoyed — without knowing why?

Like your mood flips on a dime, and you barely recognize yourself?

These emotional ups and downs can be hard — at home and at work. They impact your focus, patience, and how you show up, which only adds to the stress.

The likely cause? ***A drop in estrogen.***

Estrogen affects neurotransmitters in your brain — especially serotonin, the “feel-good” hormone that keeps your mood stable. When estrogen levels dip, it can lead to increased irritability, anxiety, or even mild depression.



What helps:

Understand it's hormonal.

Your emotional response is not weakness — it's biology.

Move your body.

Just 20 minutes a day boosts endorphins and lifts your mood.

Talk to someone. Sharing what you're going through lightens the load. If sadness persists, don't hesitate to get professional help.

Test your hormones.

Bioidentical hormone therapy might help bring your emotional balance back.



SYMPTOM 3:

Heart Palpitations & Racing Heart

Has your heart ever started racing out of nowhere?

No stress, no reason — just a sudden pounding or fluttering sensation?

It's unsettling, and many women seek medical advice because of it. The good news: most of the time, tests show no structural heart issues.

So what's behind it?

Fluctuating hormones — especially **falling estrogen levels** — can affect your cardiovascular system. This can trigger heart palpitations and a rapid heartbeat.

What helps:

Breathe deeply.

Close your eyes, place your hands on your belly, and breathe slowly — in for 4 counts, out for 6. Keep going until your body calms down.

Get outside.

A walk in fresh air can lower stress and regulate your nervous system.

Manage stress.

The more stressed you feel, the more likely heart palpitations will show up. Self-care and awareness are key.





SYMPTOM 4:

Shortness of Breath

Ever walk up a flight of stairs and feel like you've just finished a mini mountain hike?

You're breathing heavier, your heart's pounding a bit, and you wonder, "Wait... why am I this out of breath?"

Here's what might be happening:

During menopause, many women experience a noticeable decline in lung function — more than what's expected with age alone.

In fact, this change has been compared to the effect of smoking 20 cigarettes a day for 10 years. That's how impactful it can be.

Even if your lung function tests look normal, you may still feel the effects — reduced endurance, breathlessness, or a general drop in performance.

What helps:

Talk to a hormone-literate doctor.

Bioidentical hormone therapy can help correct imbalances and improve how your body functions overall.

Practice belly breathing.

Place your hand on your belly and take deep, slow breaths—5–10 minutes a day can make a big difference.

Build endurance.

Gentle cardio like walking, swimming, or cycling supports lung capacity and strengthens your breathing muscles.





SYMPTOM 5:

Frequent UTIs & Bladder Issues

Do you constantly feel like you need to pee? Or struggle with repeated urinary tract infections (UTIs)?

Maybe you've noticed a bit of leaking when you cough, laugh, or exercise?

These common symptoms are often linked to hormonal changes — not just aging. When estrogen drops during and after menopause, it affects the tissues in your urinary tract and changes your vaginal microbiome.

The result? A weaker barrier against bacteria, a more sensitive bladder, and a higher risk of infections.



What helps:

Local estrogen therapy.

Low-dose estriol in cream, suppository, or tablet form can hydrate tissues, reduce infection risk, and strengthen the bladder wall.

Pelvic floor training. Strengthening the muscles around your bladder can work wonders.

Try this: Sit upright with feet flat on the ground. Imagine stopping your urine midstream and gently lift your pelvic muscles upward like an elevator. Hold, then release. Repeat a few times.

Make it a habit. Just a few daily pelvic floor exercises can improve bladder control—without side effects.



When Your Body Speaks – Fatigue & Loss of Performance Aren't Just in Your Head

On the outside, everything might seem fine.
But inside, you feel exhausted, irritable, and like a stranger to yourself?

What often feels like “just being tired” actually has deeper roots.

Symptoms like brain fog, mood swings, heart palpitations, breathlessness, and recurring UTIs — these are not imagined.

They're physical signals of a major hormonal transition. One that affects your energy, your confidence, and your presence at work.

Many women go through this phase in silence. With growing self-doubt.

But here's the truth:
You're not alone. And you're not powerless.
You're not weak.
You're not “too sensitive.”
You're not failing.

You are in the middle of a natural transformation — and your body is speaking to you.

With the right knowledge and the right support, you can find your way back to clarity, strength, and confidence — in daily life and in your career.

You don't just have to “get through” menopause.
You can shape how it unfolds.

What You Can Do:

Understand what's happening: Every symptom has a reason. And knowledge brings clarity — and calm.

Take small steps: Lifestyle changes around sleep, nutrition, movement, and stress can make a real difference.

Check your labs: Deficiencies in iron, vitamin D, thyroid function, or estrogen are common — and treatable.

Get support — even at work: You don't have to do this alone. Coaching, medical support, or honest conversations at work can bring relief, new energy, and a fresh perspective.



Let's Talk — Your Free 30-Minute Consultation

You've now got valuable insight into what might really be behind your symptoms — and maybe you're feeling: *There's more I could be doing.*

You don't have to figure it all out alone.

Let's talk and find out where you are right now — and what your next step could be.

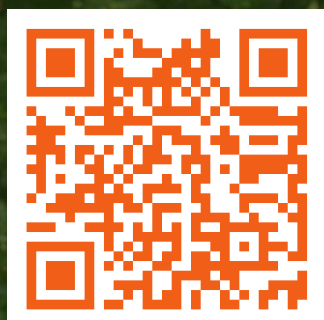
Book your free 30-minute online session

You'll get clarity, insight, and a personalized plan.

Here's what you'll walk away with:

- A clear, doable, and motivating personal roadmap
- A safe space to ask your questions — without being rushed
- Honest, tailored next steps — with medical referrals if needed

BOOK YOUR
FREE CONSULTATION
NOW



On a Personal Note ...



I still remember that morning.

I was sitting in my kitchen, staring blankly ahead, feeling completely wiped out.
Exhausted. On edge. Like a faded version of myself.

I used to be the woman who had it all under control.

Suddenly, everything felt out of control.

Sleepless nights. Hot flashes. Racing thoughts.

During the day, I was just going through the motions. My mind was foggy, my body unfamiliar, my spirit caught between obligation and survival.

I had no idea this was the start of menopause — or that it would affect every part of my life: physically, emotionally, professionally, even in my relationship.

But the hardest part?

Feeling alone. Unseen. Unheard.

Even by doctors. Even among friends.

I kept hearing things like:

"That's normal at your age."

"Just ride it out."

"Maybe try an antidepressant?"

But I didn't want to just get through it. I wanted to understand what was happening. I wanted answers.
I wanted my life back.

So I started searching.

I talked to experts, studied hormones, metabolism, sleep, nutrition, movement, and mindset. Even though I was already a health coach — I became my first client.

And from that experience, I created a path that brought me back to my strength. Today, at 59, I feel more clear, grounded, and alive than ever. And I want the same for you. That's why I created **Redefining Midlife** — to support women like you through the menopause transition with clarity, real tools, and a fresh perspective.

So you can experience the second half of life as a gift:

Vibrant. Empowered. Sensual. Self-led.

You deserve to know what's happening in your body — and what you really need.

You deserve to feel at home in your body again.

And you don't have to go through it alone.

I'm here — and I'd love to walk alongside you.

With warmth,

Sabine





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Knowledge – Quality of Life – Success

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