



PERSONALIZED SYMPTOM GUIDE

Mood + Anxiety Clarity Kit

A personalized symptom-tracking workbook for midlife clarity



Track patterns • Prepare for appointments • Feel more informed

How to use this kit

This guide is designed to help you organize emotional changes without judging yourself or trying to explain everything from memory.

1

Start with the snapshot pages

Write down what mood, anxiety, or irritability changes feel like right now.

2

Use the monthly symptom tracker

Track the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

3

Reflect once a week

Notice what seems connected: sleep, stress, cycle timing, hot flashes, workload, relationships, or routines.

4

Prepare for care

Use the appointment prep and clinician handoff pages to summarize what you have noticed.

What this is for

This kit is educational and organizational. It is not a diagnosis or treatment plan, but it can help you prepare for a more focused conversation with a licensed clinician.

What you unlocked

- Your personalized symptom pattern summary
- Your top symptom priorities
- A 4-week clarity plan
- Symptom-specific snapshot pages
- Monthly tracker
- Weekly reflection pages
- Care questions to discuss with a clinician
- Clinician handoff summary

Quick start:

Fill out your snapshot, track at least 3 days, then complete the clinician handoff page before an appointment. You do not need to complete every page for this kit to be useful.

Mood + Anxiety

Your personalized result

BASED ON YOUR QUIZ ANSWERS
PRIMARY SYMPTOM PATTERN

Mood + Anxiety

Your quiz answers suggest that mood changes, anxiety, irritability, or feeling unlike yourself are currently one of the clearest patterns in what you are experiencing.

What this kit helps you do

Track emotional patterns, stress, sleep, cycle timing, and daily impact so you can discuss what feels different with more clarity.

Your top symptom priorities

Mood changes can overlap with other symptoms. These are the three areas this version helps you organize first.

1

Mood + Anxiety

Track emotional shifts, anxious feelings, patience, sensitivity, and what feels different from your usual.

2

Sleep + Fatigue

Notice whether poor sleep, night waking, or low energy connects with mood changes.

3

Cycle + Stress Patterns

Track whether mood symptoms cluster around cycle timing, stress, workload, or life routines.

Your 4-week clarity plan

Week 1

Get a baseline. Track mood, anxiety, irritability, sleep, stress, and what feels most disruptive.

Week 2

Look for patterns around sleep, cycle timing, caffeine, alcohol, stress, hot flashes, or workload.

Week 3

Notice impact on relationships, work, focus, confidence, motivation, and daily routines.

Week 4

Summarize your clearest patterns and choose your top questions for care.

Keep it simple

Short notes are enough. The goal is a clearer pattern, not a perfect record.

Mood + anxiety snapshot

Use this page to capture what feels most true for you right now.

Mood changes I notice

- ☐ Irritability
- ☐ Mood swings
- ☐ Feeling unusually emotional
- ☐ Low motivation
- ☐ Feeling unlike myself
- ☐ Other: _____

Anxiety or stress signs

- ☐ Feeling on edge
- ☐ Racing thoughts
- ☐ More worry than usual
- ☐ Physical tension
- ☐ Hard to relax
- ☐ Other: _____

The symptom bothering me most right now

How this is affecting my daily life

What I most want clarity on this month

Cycle and bleeding snapshot

If you still have periods, use this page to capture your recent cycle pattern. If you do not have periods, use the notes area for any relevant history you want to remember.

Periods recently

- ☐ Mostly regular
- ☐ Less predictable
- ☐ Skipped periods
- ☐ Heavier than usual
- ☐ Lighter than usual
- ☐ Spotting
- ☐ Not applicable

Bring up promptly

- ☐ Bleeding after 12 months without a period
- ☐ Very heavy bleeding
- ☐ Bleeding that feels unusual for me
- ☐ Severe pelvic pain
- ☐ I want to ask what is normal for me

Date of last period, if applicable

What changed compared with my usual pattern

Questions or concerns about bleeding or cycles

Mood symptoms baseline

Before you begin the tracker, write a quick baseline. This helps you compare what you notice later.

How disruptive are mood changes right now?

012345678910

How disruptive is anxiety or feeling on edge?

012345678910

What feels different from my usual mood

Situations where I notice it most

How sleep, cycle timing, or stress may be connected

Understanding mood + anxiety changes

During the menopause transition, some people notice changes in mood, stress tolerance, irritability, anxiety, or emotional sensitivity. These changes can overlap with sleep disruption, hot flashes, life stress, cycle changes, and other health factors.

The goal is not to label every feeling. The goal is to notice whether there is a pattern, what is affecting daily life, and what you want to discuss with a clinician.

What to notice

- Whether mood changes feel new or different from your usual.
- Whether anxiety, irritability, sadness, or emotional sensitivity shows up at specific times.
- Whether poor sleep or fatigue makes symptoms more noticeable.
- Whether cycle timing, stress, caffeine, alcohol, or hot flashes seem connected.
- Whether symptoms are affecting relationships, work, confidence, or daily routines.

What to track first

For this symptom pattern, focus on the details that help explain timing, intensity, context, and impact.

Mood pattern

Irritability, anxiety, sadness, emotional sensitivity, feeling overwhelmed, or feeling unlike yourself.

Intensity

Use a simple 0–10 scale when it helps.

Sleep connection

Notice whether mood symptoms follow poor sleep, night waking, or fatigue.

Cycle timing

If you still have periods, note where you are in your cycle.

Context

Stress, workload, conflict, caffeine, alcohol, exercise, meals, or hot flashes.

Daily impact

Relationships, work, patience, focus, motivation, confidence, or routines.

Mood pattern map

Use this page to notice which pattern shows up most often.

Emotional pattern

- ☐ Irritable
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Sad or tearful
- ☐ Numb or checked out

Body cues

- ☐ Tension
- ☐ Restlessness
- ☐ Racing heart
- ☐ Headache
- ☐ Fatigue

Possible context

- ☐ Poor sleep
- ☐ Stressful day
- ☐ Cycle timing
- ☐ Hot flashes
- ☐ Caffeine or alcohol

Impact

- ☐ Relationships
- ☐ Work
- ☐ Parenting/caregiving
- ☐ Confidence
- ☐ Daily routines

The pattern I notice most often

Stress + support map

This page helps separate what you are feeling from what may be adding pressure around it.

Stressors I want to note

- ☐ Workload
- ☐ Caregiving
- ☐ Relationship stress
- ☐ Health worries
- ☐ Financial stress
- ☐ Other: _____

What seems supportive

- ☐ Sleep
- ☐ Movement
- ☐ Quiet time
- ☐ Therapy or support
- ☐ Boundaries
- ☐ Other: _____

What I want to pay attention to this month

What helps even a little

Daily life impact map

Use this page to describe how mood symptoms are affecting your life in plain language.

Relationships
Patience, conflict, feeling distant, or needing more space.

Work + focus
Concentration, motivation, confidence, meetings, or task follow-through.

Body + energy
Tension, fatigue, restlessness, or feeling drained.

Self-trust
Feeling unlike yourself, confused, or unsure what is happening.

The impact I most want my clinician to understand

Helpful reminder
Tracking mood is not about blaming yourself. It is about having clearer information.

Options to discuss with a clinician

If symptoms are affecting your quality of life, a clinician can help you think through what may be contributing and what options may be worth discussing.

Mood + anxiety conversation

Could hormone changes, sleep disruption, stress, or another health factor be contributing to my mood pattern?

Overlap

Ask whether sleep, stress, hot flashes, cycle changes, medications, or other health factors could be connected.

Medical evaluation

Ask whether any symptoms suggest another issue should be evaluated.

Support options

Ask about hormonal and non-hormonal options, lifestyle supports, therapy, medications, or follow-up steps that may fit your situation.

Important note

Severe symptoms, chest pain, fainting, shortness of breath, or thoughts of self-harm deserve prompt medical attention.

Health Factors to Discuss

This page helps you prepare clearer questions about what may be contributing to mood changes. Mood symptoms can overlap with perimenopause, but they can also be affected by sleep, stress, thyroid changes, iron levels, medications, caffeine, alcohol, and mental health factors.

This page is a conversation starter

This page is not a diagnosis, a required lab panel, or medical advice. Symptoms can overlap with perimenopause, but they can also be affected by other health factors. Use this page to ask your clinician what, if anything, is worth checking based on your symptoms, history, medications, and risk factors.

Keep care and testing clinician-led

Do not use this page to self-order tests or self-diagnose. Use it to ask your clinician: "Based on my symptoms and history, what evaluation, if any, would actually change the next step?"

Symptoms that feel different

Describe what feels new or different from your usual: anxiety, irritability, mood swings, sadness, emotional sensitivity, racing thoughts, or feeling unlike yourself.

Sleep + fatigue connection

Ask whether poor sleep, night waking, fatigue, hot flashes, cycle timing, or stress could be making mood symptoms more noticeable.

Health factors to ask about

Depending on your history, ask whether thyroid testing, CBC, ferritin/iron, B12, vitamin D, or blood sugar/A1c would be useful or would change the next step.

Medication + support review

Review medications, supplements, caffeine, alcohol, sleep aids, hormone use, therapy, medication options, safety planning, or other support that may fit your situation.

When to seek urgent help

If you have thoughts of harming yourself, feel unsafe, have chest pain, fainting, shortness of breath, or symptoms that feel sudden, severe, or unusual for you, seek prompt medical care.

Symptoms that make me wonder if testing/evaluation would help

Questions I want to ask my clinician

Monthly symptom tracker key

Use this tracker to capture the clearest details about your mood, anxiety, and irritability pattern across the month.

Small note

Use the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

Intensity

Use a simple 0–10 rating when it helps. 0 can mean not present and 10 can mean very disruptive.

Sleep

Note sleep quality or night waking if it seems connected to your symptoms.

Context

Write quick notes about stress, cycle timing, workload, meals, caffeine, alcohol, heat symptoms, or other possible connections.

Impact

Notice what symptoms affected most: focus, mood, confidence, work, relationships, energy, or routines.

Week 1 tracker: days 1–7

Fill in one row per day. Keep it simple. Short notes are enough.

DAY	MOOD	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 1	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 2	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 3	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 4	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 5	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 6	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 7	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Week 2 tracker: days 8–14

Keep using the same short format each day so the pattern is easy to review later.

DAY	MOOD	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 8	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 9	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 10	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 11	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 12	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 13	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 14	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Week 3 tracker: days 15–21

By this point, watch for repeated patterns and what seems connected.

DAY	MOOD	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 15	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 16	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 17	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 18	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 19	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 20	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 21	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Week 4 tracker: days 22–28

Do not worry about perfect detail. A few notes each day can still make the pattern clearer.

DAY	MOOD	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 22	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 23	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 24	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 25	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 26	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 27	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 28	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Final tracker: days 29–31 + month-end notes

Use the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

DAY	MOOD	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 29	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 30	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 31	MOOD PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Month-end notes

Patterns I noticed most often

What I want to bring up with my clinician

Week 1 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable mood pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Week 2 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable mood pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Week 3 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable mood pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Week 4 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable mood pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Mood + Anxiety

Before your appointment

Use this page to turn your notes into a clear story you can share.

The biggest mood or anxiety issue I want to discuss

How long I have been noticing this

Examples of how this affects my daily life

Patterns I noticed over the month

Anything that seemed to help or worsen the pattern

Questions to ask a clinician

Questions about mood, anxiety, or irritability

- ☐ Could these mood changes be related to perimenopause, or should we consider other contributors?
- ☐ How do we tell the difference between stress, anxiety, depression, sleep disruption, and hormone-related changes?
- ☐ What symptoms would make you recommend additional evaluation or a different type of support?

Health factors to discuss

- ☐ Would any labs or screening questions be useful based on my symptoms and history?
- ☐ Should we discuss thyroid, iron/ferritin, B12, vitamin D, or blood sugar only if they fit my situation?
- ☐ Could sleep disruption, fatigue, caffeine, alcohol, or medications be affecting my mood pattern?

Support options

- ☐ What hormonal or non-hormonal options are worth discussing?
- ☐ Would therapy, medication, lifestyle changes, safety planning, or other support make sense for me?
- ☐ How should I track mood changes before a follow-up?

My own questions

My Vivlyn Summary for a Clinician

Name**Date****Primary result**

Mood + Anxiety

Main symptoms I am noticing**How it is affecting daily life****Patterns I noticed****Current medications, supplements, hormones, sleep aids, or recent changes I want to mention****Care questions, testing, or evaluation topics I want to discuss**

Month-end review

Before you close the guide, take a minute to summarize the clearest takeaways.

The strongest mood or anxiety pattern I noticed this month

The question I most want answered

What I want to keep tracking next month, if needed

Reminder

Progress here does not mean you solved everything. It means you now have clearer information to work with.

Your next step

You can bring this kit to your own clinician. When Vivlyn-supported care becomes available, your completed summary may help you prepare for a more focused clinician conversation.

Join the Vivlyn Care waitlist

Printed copy? Visit: join.meetvivlyn.com/#future-care



Educational note:

Vivlyn does not diagnose, prescribe, treat, or determine care eligibility. Any clinical care, testing, prescriptions, or treatment decisions must happen separately through a licensed clinician or clinical partner.

Educational sources

This kit is educational and organizational. It is not a diagnosis, treatment plan, or required lab/testing plan. Care questions and testing topics are included as clinician discussion points, not recommendations to self-order tests or change treatment.

The Menopause Society

General information on common menopause and perimenopause symptoms, including mood changes, sleep disruption, and symptom patterns.

ACOG

General patient education on the menopause transition, symptom patterns, hormone therapy, and when bleeding changes deserve prompt evaluation.

Mayo Clinic

General patient education on menopause symptoms, mood changes, thyroid overlap, and preparing for a healthcare visit by tracking symptom patterns.

General safety framing

For urgent mood symptoms, thoughts of self-harm, or symptoms that feel sudden or severe, this guide should not delay prompt medical care.

Safety note

If you have urgent or severe symptoms, this guide should not delay medical care.

You do not need perfect notes to have a worthwhile conversation. Clearer patterns are enough.



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PERIMENOPAUSE CLARITY KIT