The Joint Ease Checklist

A gentle companion for perimenopause & menopause joint pain

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6 Warning Signs Your Joint Pain Is Hormonal

- [ ] Morning stiffness that eases as the day goes on
- [ ] Pain that moves around your body, rather than staying in one joint
- [ ] It arrived alongside other perimenopause symptoms (irregular periods, hot flashes, sleep changes)
- [ ] Standard tests for arthritis, Lyme, or lupus came back normal
- [ ] It feels worse during high-stress weeks
- [ ] It responds, even slightly, to gentle movement and rest

Your 7-Day Gentle Joint Ease Plan

Day 1	[ ] Practice the EFT tapping sequence once, ideally in the morning
Day 2	[ ] Repeat the EFT tapping sequence
Day 3	[ ] Take a slow, gentle 15-minute walk and notice how your joints respond
Day 4	[ ] Alternate a warm compress with a few minutes of gentle stretching before bed
Day 5	[ ] Write down your symptoms alongside your cycle pattern
Day 6	[ ] Add 5 minutes of slow, mindful breathing to reduce overall stress
Day 7	[ ] Reflect on which practice felt most supportive — continue it for 21 days

The EFT Tapping Practice

Tap the side of your hand while saying: *"Even though my joints feel stiff and I am frustrated by this, I deeply and completely accept myself and my body right now."* Then move through eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, and top of head, repeating: *"This stiffness in my joints."* Finish with one hand over the affected joint: *"I am learning to work with my body, not against it."*

My Symptom Tracker

Date	Which joint?	Morning or all day?	Notes

This checklist is for educational purposes and reflects a holistic, self-healing perspective. It is not a substitute for personalised medical advice — please consult your doctor for diagnosis and treatment specific to you.

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