oklahoma women's health collective

50 SIGNALS YOUR BODY MAY BE SENDING

your body provides small signals worth noticing.

WELCOME

Our bodies often communicate through subtle — and sometimes not-so-subtle — signals. Changes in energy, sleep, mood, digestion, skin, menstrual cycles, or overall well-being can all provide important clues about what may be happening internally. While many symptoms have simple explanations and may resolve on their own, persistent, recurring, or unusual changes deserve attention and thoughtful evaluation.

This awareness is **not meant to make you alarmed or overly concerned about every small change**. Instead, it's about becoming more familiar with what feels normal for your body so you can recognize when something may be different.

Taking time to notice patterns in how you feel — when symptoms appear, how long they last, and what seems to improve or worsen them — can provide valuable insight. Even small details can help your healthcare provider better understand the bigger picture of your health.

Bringing these observations and questions to your provider helps create a more informed conversation. When providers have a clearer understanding of what you are experiencing, they can better determine whether further evaluation, testing, or treatment may be helpful. Paying attention to your body's signals and communicating openly with your provider are important steps in supporting proactive, informed care.

This resource is intended for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a licensed healthcare provider regarding any medical concerns, symptoms, or decisions about your health. Never disregard professional medical advice or delay seeking care because of information contained in this resource.

Oklahoma Women's Health Collective

signals your body may

BE SENDING

Our bodies often give signals when something needs attention. Noticing these changes can help you better understand your health and guide conversations with your provider.

Energy + General Well-Being

1. Persistent fatigue that does not improve with rest
2. Sudden or unexplained weight loss
3. Rapid or unexplained weight gain
4. Ongoing low energy or exhaustion
5. Feeling unwell without a clear reason
6. Frequent or persistent fevers
7. Night sweats not related to room temperature
8. Unexplained body aches
9. Loss of appetite
10. Feeling unusually weak or shaky

Brain, Mood, + Neurological Changes

1. Persistent headaches or migraines
2. Sudden severe headache
3. Brain fog or trouble concentrating
4. Dizziness or lightheadedness
5. Fainting or near-fainting episodes
6. Numbness or tingling in hands or feet
7. Changes in memory or mental clarity
8. Sudden mood changes
9. Difficulty speaking or finding words
10. Changes in vision or blurred vision

Hormonal + Metabolic Changes

1. Hair thinning or unusual hair loss
2. Increased facial hair or unexpected hair growth
3. Sensitivity to heat or cold
4. Changes in menstrual cycle timing
5. Missed periods or irregular cycles
6. Extremely heavy menstrual bleeding
7. Bleeding between cycles
8. Bleeding after menopause
9. Sudden changes in libido
10. Persistent sleep disruption

Heart + Circulation

1. Chest discomfort, pressure, or pain
2. Shortness of breath without clear cause
3. Heart palpitations or irregular heartbeat
4. Swelling in legs, ankles, or feet
5. Pain or tightness in jaw, neck, or upper back

Digestive & Abdominal Symptoms

1. Persistent abdominal pain
2. Ongoing bloating or abdominal swelling
3. Frequent nausea
4. Vomiting that continues beyond a short illness
5. Blood in stool
6. Black or tarry stool

Urinary + Pelvic Health

1. Pelvic pain that persists
2. Pain during intercourse
3. Blood in urine
4. Burning or pain with urination
5. Frequent urination with pressure or discomfort

Skin, Breast, + Immune Signals

1. A new breast lump or thickening
2. Changes in a mole's size, shape, or color
3. A wound or sore that does not heal
4. Frequent infections or slow healing

notes about your SIGNALS

Use this space to keep notes or track any 'signals' that your body may be sending and take it to your next appointment with your provider.

stay connected to the

COLLECTIVE

Created by women, for women.

Stay connected to trusted health education, meaningful events, local provider resources, and thoughtfully curated content designed to support you at every stage.

You belong here.