

# Emotional Menopause Symtoms

## Anxiety & panic attacks

### What is happening?

It is caused by the shift in hormones, as levels of oestrogen, progesterone, and testosterone drop. These affect the brain. The resulting imbalance of lower chemicals such as serotonin and endorphins and increased ones such as cortisol and adrenaline can lead to feelings of anxiety and irritability.

### How to help

It is important to make time for yourself every day and find a good support network that you can talk to about how you are feeling. During this period, it is important to slow down, focus on your priorities, and reduce stress. Exercise, meditation, and practising breathing are great ways to calm your mind and increase your wellbeing.

## Brain fog

### What is happening?

Hormonal fluctuations cause brain fog. The reduction of oestrogen affects the mood-enhancing neurotransmitters serotonin and acetylcholine, but other factors can make it worse, such as stress, poor diet, sleep, and dehydration.

### How to help

Take regular moderate-intensity exercise. Try to aim for 120–150 minutes per week. Follow a Mediterranean diet. This is associated with better cognitive function. Keep your mind active; read, practise a hobby, or learn a new skill.

## Depression

### What is happening?

Oestrogen has a significant effect on serotonin, in the brain that causes feelings of happiness and helps maintain a stable mood. Oestrogen helps to stimulate the production and transmission of serotonin and prevents it from being broken down. Reduced oestrogen makes serotonin levels will drop,

### How to help

We need to adopt wholesome habits that will help rebalance our hormones. This includes reducing stress. Meditation, yoga, and deep breathing are also good choices and spend time outdoors every day. We need adequate amounts of vitamin D to boost our mood. Quit unhealthy habits like smoking and drinking. Joining a support group can be helpful.

## Irritability & impatience

### What is happening?

The ovaries have a diminished production of oestrogen and progesterone. Hormonal fluctuations occur and they can impact other chemicals in our body, like mood-regulating hormones like serotonin.

### How to help

Diet can have a big impact on our mood. Phytoestrogens, which are found in oats, tomatoes, flax, and alfalfa, are supposed to help with hormone imbalances. Try to make time to do regular exercise as it helps release endorphins to boost your mood. Walking and biking are great options. Try to identify your triggers and take time to rest and recharge.

## Loss of confidence

### What is happening?

When we suffer a loss of confidence during menopause, it's often caused by declining oestrogen levels, which disrupt our nervous system and adrenal health. These systems are crucial for maintaining good mental health.

### How to help

Speak to people that understand what you are going through; and share experiences. Overhaul your lifestyle by cutting back on bad habits and eating healthily. Prioritise your sleep by establishing a good bedtime routine. Lack of sleep can have a very negative effect on our mood.

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## Loss of libido

### What is happening?

There are various reasons why menopause affects libido, but the decrease in oestrogen levels is the most important. Some women feel less attractive when they are going through menopause, and this can cause them to be less interested in intimacy. Vaginal dryness is a major problem for many, as it tends to make sex painful.

### How to help

There are various ways you can try to boost your libido and improve your sex life during menopause. Using lubricant can help to prevent dryness and make sex less painful, and avoiding stress can also help. Spending time together, talking about problems or worries, and making each other feel special and attractive can also make a huge difference.

## Low self esteem

### What is happening?

The experience of menopause creates a set of challenges that has a negative impact on their self-esteem – both physically and psychologically. Many associate menopause with middle age and lack of vitality and youth, making another dent in their self-image. Menopause symptoms such as weight gain, hair loss, and dry skin continue this downward spiral can go against a woman's sense of worth and self-acceptance

### How to help

Eating a healthy diet is important because we need nutrition to support the ongoing changes within us. Have a positive outlook; this is a time of life to be celebrated and life is far from over. Regular exercise will boost your self-esteem and confidence, and it will also keep you healthy. Take time for yourself each day. Do something you enjoy. Try breathing exercises. Lastly, have a good support network that can support you.

## Mood swings

### What is happening?

When our oestrogen levels fall, we become more emotional. Plus, lack of sleep also makes us more tired and emotional, and our moods can move from low to high very quickly.

### How to help

Exercise helps to release feel-good endorphins, which have a positive effect on our minds. Eat a healthy, balanced diet that includes more fruit, vegetables, and wholegrains and less sugar and processed foods. Find a way to reduce the stress in your life.

## Poor concentration

### What is happening?

A shift in hormone changes that occur can make it more difficult to maintain concentration. Specifically, shifts in oestrogen can impact cognition by influencing neurotransmitter activity in the brain. Other symptoms of menopause, such as disturbed sleep, anxiety, stress, and depression, can also make it more difficult to concentrate.

### How to help

Eliminate potentially damaging stimulants such as caffeine and nicotine. Begin to improve your diet by consuming more omega-3 fatty acids. Playing memory games, learning a new language, and reading have also been shown to be helpful. Take regular breaks throughout the day and try to focus on just one task at a time rather than juggling several at once.