

Coping with Hormonal Fluctuations: Strategies for Balance

■ Understanding Hormonal Shifts

Hormones naturally rise and fall throughout the month and life stages. These shifts can affect mood, energy, sleep, and appetite.

■ Common Symptoms

- Mood swings and irritability
- Fatigue or low energy
- Increased cravings
- Bloating, headaches, or body aches
- Anxiety or brain fog

■ Coping Strategies

- Nutrition: Balance meals with protein, healthy fats, and fiber.
- Movement: Gentle exercises during low-energy days, strength training mid-cycle.
- Stress Management: Mindfulness, meditation, journaling.
- Sleep Hygiene: Aim for 7–9 hours nightly, consistent routines.
- Track & Anticipate: Journal symptoms and prepare for shifts.

■ When to Seek Support

If symptoms are severe, persistent, or disruptive, consult a healthcare provider. Conditions like PMDD, thyroid imbalances, or perimenopause may require evaluation.