

You're Not Crazy, It's Just Menopause ...Probably

A Cliff Notes Guide to Understanding Your Mood Swings, Tears, and Random Rage

**A Menopausal Survival Series
by Virginia Crowe
Thrive by Design**



Copyright Page

Copyright © 2025 Virginia Crowe All rights reserved.

No part of this publication may be reproduced, stored, or transmitted in any form—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from the author, except for brief quotations used in reviews or educational purposes.

This publication is for informational purposes only and does not replace medical advice. Consult your healthcare provider before starting any new health, nutrition, or wellness program.

About Thrive by Design w/ Virginia Crowe

Thrive by Design was born out of my own personal journey through menopause and a deep desire to change the experience for other women. After facing a terrifying panic attack on a hike—one that resulted in me being airlifted off a mountain—I realized how little support and information was available for women going through such a major transition.

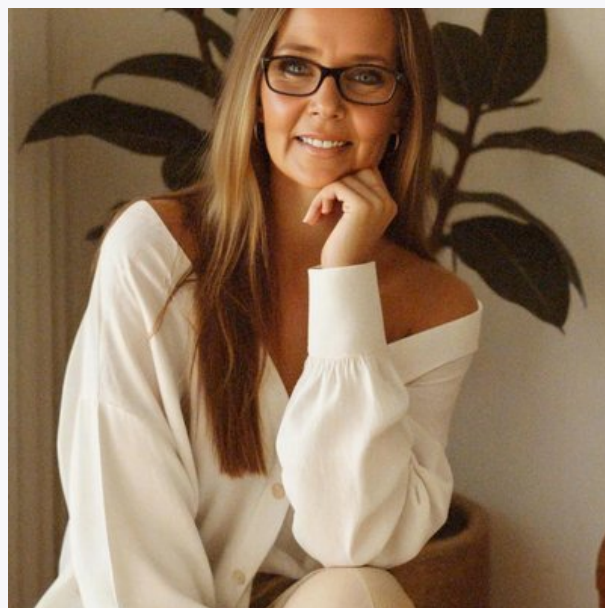
My doctor brushed it off as "just perimenopause," offering no guidance or solutions. She didn't even share with me that hormones fluctuations could cause panic attacks! That moment changed everything for me. I set out on a mission and created my program so women could have a safe place to find answers, or at least be pointed in the proper direction .

With years of experience as a personal trainer, wellness coach, art for healing facilitator, and nutrition coach, I had many of the tools—but I knew I needed to understand menopause on a deeper level. That's why sought out an excellent certification program and I became a Certified Menopause Coaching Specialist. Thrive by Design is the program I wish I had: a fully customizable blend of fitness, nutrition, mindset, and creative healing, tailored to support the unique and complex needs of women in midlife. Whether online or in person, this program is designed to help you feel informed, empowered, and truly supported.

If you've ever felt confused, dismissed, or alone during this transition—you're not. I'm here, and so is Thrive by Design. Reach out if you have questions. Let's change the narrative together.

Reach out to Virginia directly.

Email: thrivewithvirginia@gmail.com



Introduction: Wait... Am I Losing My Mind or Just Menopausal?

If you've found yourself crying at a commercial, yelling at the dog for no reason, or feeling like you're on an emotional roller coaster with no brakes—congratulations! You're probably going through menopause. And no, you're not crazy.

Hormones are like a badly managed party—they show up uninvited, knock over the punch bowl, and leave you wondering what just happened. This short guide is your quick crash course in why your moods are doing backflips, what's really going on inside your body, and how to ride the wave without losing your sanity.

This ebook is a Cliff Notes version of the deeper support I provide in my program, **Thrive by Design**, where we explore mood swings and emotional health with science, humor, and real-world solutions.





Section 1: What the Heck Is Happening to My Emotions?

During menopause, your ovaries are basically saying “see ya” to estrogen and progesterone production. Those hormones aren’t just about periods—they play major roles in regulating your brain chemicals (neurotransmitters) like serotonin and dopamine, which control mood and feelings of calm.

When hormone levels fluctuate or drop:

- You might feel more irritable or on edge
- Tears might come faster and more often
- Anxiety can spike unexpectedly
- You could feel depressed or hopeless sometimes
- Or have moments of overwhelming rage or frustration

Mood swings aren't just "in your head." They're wired into your body chemistry. And it's totally normal—even if it feels like a soap opera sometimes.

Section 2: Why You're Not Just "Overreacting"

Menopause mood swings are different from the usual stress or anxiety because they're **hormone-driven** and often unpredictable. They can hit out of nowhere and leave you wondering what the heck just happened.

Here's what's going on:

- Your brain's ability to regulate emotion is temporarily thrown off
- Stress hormones like cortisol can be elevated
- Sleep disruptions worsen mood regulation
- Memory and concentration issues add to frustration
- Life's usual pressures pile on top of hormonal chaos
- Your emotions are so confusing!

Section 3: What Actually Helps Calm the Storm

Though you can't stop menopause, you can manage the mood swings with a few science-backed strategies:

1. Move Your Body

Exercise releases endorphins—nature's mood boosters. Even gentle walks or yoga help.





2. Prioritize Sleep

Hormones love routine. Getting enough sleep helps your brain reset.

3. Practice Mindful Art & Meditation

Creative outlets calm the nervous system and help you process emotions without judgment.





4. Eat Balanced Meals

Stable blood sugar means fewer mood crashes. Protein, healthy fats, and fiber are your friends.

5. Consider Supplements (with your doctor)

Magnesium, omega-3s, and B vitamins can support mood and brain health.





6. Talk About It

Don't bottle it up. Whether with friends, family, or a coach, sharing your feelings helps lighten the load.

Section 4: What Doesn't Help (But We All Try Anyway)

- Bottling up your feelings until you explode
- Trying to "tough it out" without any support
- Blaming yourself for mood swings or feeling "weak"
- Overloading on caffeine or sugar (temporary fixes with long-term crashes)
- Avoiding sleep because you "have too much to do"
- Comparing yourself to others who seem "fine"

Remember, your brain chemistry is working against you. Compassion is key.



Section 5: This eBook Is Just the Beginning

If this quick guide hit close to home, know that you don't have to navigate these mood swings alone or without tools. Inside my full program, **Thrive by Design**, we dive deeper into:

- Understanding and managing menopause mood swings
- Sleep and nutrition support for brain health
- Movement and mindful art to calm anxiety and irritability
- Stress management and mindset shifts
- Options for personalized coaching online or in person in Laguna Hills, CA

Whether you want a low-cost membership or hands-on coaching, Thrive by Design is designed to meet you where you are and help you thrive through menopause.



Ready to Take Back Your Mood?

You're not losing your mind—you're shifting into a new season. With the right strategies, you can move through it with humor, grace, and strength.

Let's get you feeling more like yourself again.

Created by Virginia Crowe



Virginia Crowe is a certified menopause coaching specialist, personal trainer, nutrition coach, wellness coach, and certified art for healing facilitator. She helps women navigate the ups and downs of menopause with science, compassion, and creative tools.

Through her signature program, Thrive by Design, Virginia offers self-guided memberships and 1:1 coaching options both online and in-person in Laguna Hills, California. She also teaches mindful art classes to reduce stress and anxiety and authored *Unlocking the Soul*, a mindful art workbook for healing.

To learn more or connect:

Website: www.thrivewithvirginia.com

Email: thrivewithvirginia@gmail.com

Instagram: @thrivewithvirginia