

Her Second Spring: Understanding the Ripple Effect of Women's Health

Physical Health Challenge	Mental Health Impact	Family/Relationship Impact
Hormonal Changes (menopause, thyroid)	Mood swings, brain fog, anxiety, sleep issues	Misunderstandings, emotional distance, loss of connection
Fertility Issues / Pregnancy Loss	Grief, shame, depression, trauma	Strain in partnerships, secrecy, cultural stigma
Chronic Fatigue / Sleep Disorders	Burnout, low motivation, irritability	Guilt, parenting challenges, stress contagion
Body Changes / Weight Fluctuations	Low self-esteem, anxiety, disordered eating	Avoidance, body image transmission to children, reduced intimacy
Chronic Conditions (PCOS, fibroids)	Stress, hopelessness, shame	Financial strain, missed responsibilities, dependence on others
Sexual Health Issues	Shame, avoidance, feeling undesirable	Strained intimacy, communication breakdown
Cancer / Major Illness	Fear, depression, identity crisis	Caregiver burnout, children's emotional response, role shifts in family