

# HER SECOND SPRING

Navigating Midlife Crises and its accompanied health challenges  
How it impacts on our mental health and families.

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# Midlife crisis

✗ Not a medical diagnosis

✓ A mix of biological, emotional, and existential shifts

↻ Triggered by hormone/neurochemical changes + life transitions

🌱 Often a prelude to growth, clarity, and renewal

# MIDLIFE CRISES & SYMPTOMS

## CASE STUDY - MEET SARAH (42)



Great Career



Loving family

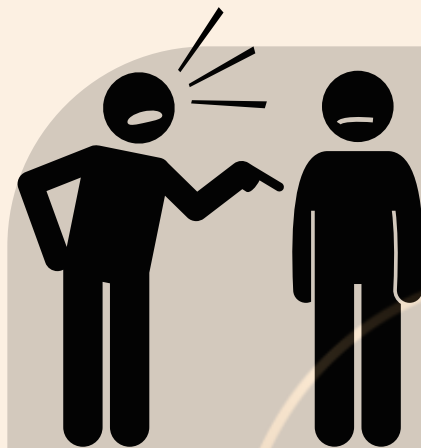
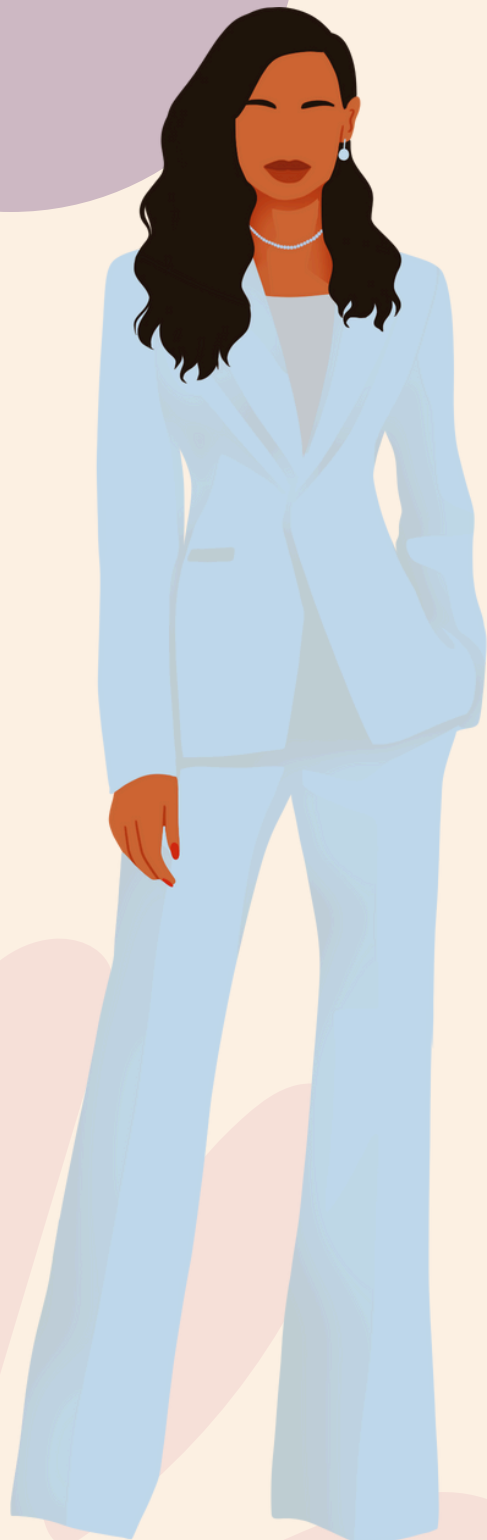


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Social Circle





# MIDLIFE CRISES & SYMPTOMS



Snapping at family



Tired

friends



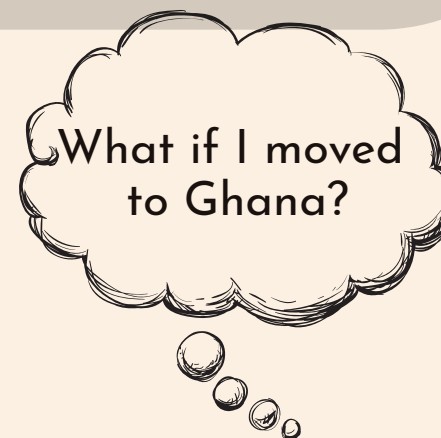
Social contact irritating



Career Doubts



Crying



Low back pain

# MIDLIFE CRISES & SYMPTOMS



# WHAT IS REALLY GOING ON?

## Biological drivers:

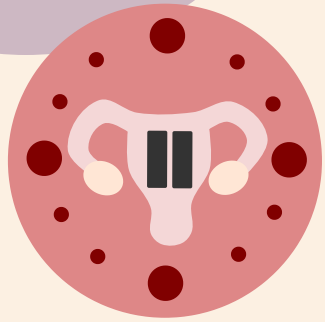
- Decline in dopamine → less drive/motivation
- Cortisol overload from chronic stress
- Hormonal shifts
- Sleep and metabolic changes

## Psychological drivers:

- Loss of parents or caregiving stress
- Relationship shifts
- Career dissatisfaction
- A rising sense of “time is ticking”

# HORMONAL PROBLEMS

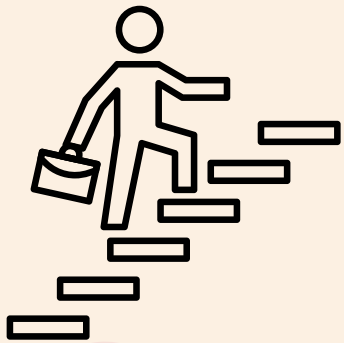
- Perimenopause: Typically starts in the mid-to-late 40s but can begin earlier. - Irregular periods, hot flashes, mood swings, and sleep disturbances.
- Infertility: declining ovarian reserve, hormonal imbalances, and increased risk of miscarriage.
- Thyroid Problems: Around 10% of women may experience thyroid dysfunction in midlife, leading to fatigue, weight changes, and anxiety.



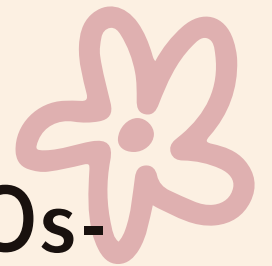
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# CAREER DOUBTS/STRESS

- Burnout: Chronic stress, high expectations, and imbalance between work, family, and self-care can cause mental and physical burnout. Studies show women in midlife are often at a higher risk for burnout due to caregiving and professional pressures.



- Career Redefining: Women in their 30s-40s are more likely to reassess life goals, leading to career shifts or dissatisfaction.





# SELF REFLECTION

- Have you ever felt emotionally drained despite your successes?
- Have you struggled with unexplained fatigue or weight gain?
- Has your career started to feel unfulfilling, or have you questioned if you're doing enough?



Type YES in the Slido chatbox if any of these resonate with you.

# Physical health = Mental health

- Fear about future health, fertility, or career decisions = Anxiety
- Feeling stuck, out of control, or like a failure = Depression
- Forgetfulness and confusion = Brain Fog
- Weight fluctuations = Body Image Issues
- Poor sleep leading to exhaustion = Sleep Disorders

# Family and Relationship Impact

## - The Ripple Effect



# How to Bloom - SPRING!



**S: Self-care is non-negotiable.**



**P: Purpose and Passion.**



**R: Reevaluate your career.**



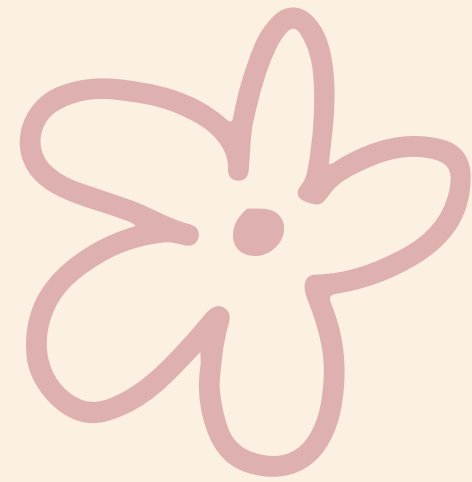
**I: Invest in relationships.**



**N: Navigate stress effectively.**



**G: Give yourself grace.**





# Here's Sarah Now

- Got her labs done 🧪
- Started strength training 💪
- Set boundaries 🚫
- Journals one line a day 🖋️
- Started therapy 🛋️
- Feels like herself again



# YOUR TURN

## “What Could Your Second Spring Look Like?”

Ask yourself:

What do I need more of?

What am I done tolerating?

When's the last time I felt free?

What's one thing you're saying NO  
to this week?

# NEXT STEPS?

1. Text a friend: 'Remember when I loved \_\_\_? Let's do it again.'
2. Book one lab test. (40s check)
3. Steal Aminat's glow-up. You deserve it.

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Your 40s are your launch, not  
your expiration date.

This isn't the end. It's your edit.

This isn't your breakdown. It's your  
becoming.

Her Second Spring?

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She's just getting started.



# 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



***Thank you for  
listening!***

***Welcoming  
Questions & Comments***