

English

Simplified Chinese (Mandarin) / 简体中文

Menopause and your mental wellbeing

Changes in your hormones during menopause can impact your mental health as well as your physical health. You may experience feelings of anxiety, stress or even depression.

Menopausal symptoms may include:

- anger and irritability
- anxiety
- forgetfulness
- loss of self-esteem
- loss of confidence
- low mood and feelings of sadness or depression
- poor concentration – often described as 'brain fog' and/or lost words

绝经期和女性心理福祉

绝经期的激素水平变化能影响女性的心理健康和生理健康。您可能感觉焦虑、有压力甚至抑郁。绝经症状可能包括：

- 愤怒和易暴躁；
- 焦虑；
- 健忘；
- 自尊心丧失；
- 信心丧失；
- 情绪低落、感觉沮丧或抑郁；

Many women experiencing menopause or perimenopause will experience [problems with sleeping](#). Lack of sleep and tiredness can also make symptoms including irritability, ability to concentrate or anxiety worse.

Addressing [problems with sleep](#) may help you manage some of the mental health symptoms you can experience due to menopause.

There are lots of different options that can help you with these experiences and improve your mental health and wellbeing during the menopause.

Some women have been prescribed anti-depressants to help with the mental health-related symptoms during the menopause, but unless you have been diagnosed with depression there are other treatment options that are more appropriate.

It's important to realise that the mental symptoms of menopause are as real as the physical ones, and you should not wait to seek help if you are struggling. Speak to your local GP practice and they can provide you with the right support and help.

- 精神集中能力差——通常称之为“脑雾”和/或失语；

许多绝经期或围绝经期女性可能出现[睡眠问题](#)。睡眠不足和疲倦也可能加重暴躁、精神集中能力差或焦虑等症状。

解决[睡眠问题](#)可能有助于绝经期女性管理一些心理健康症状。

有多种措施能帮助绝经期女性缓解心理健康症状，从而改善心理健康、提高福祉。

医疗保健专业人员会为一些女性开抗抑郁药以缓解心理健康相关症状，但除非确诊患有抑郁症，否则还有其他更合适的治疗方法可供选择。

绝经期女性应意识到，心理症状和生理症状一样真实。如果您感到困扰，应尽早寻求帮助。请前往当地GP诊所说明您的心理症状，医疗保健专业人员能为您提供合适的支持和帮助。

Treatment options

There are various treatments that you might want to consider to help relieve some of the psychological impacts of menopause.

治疗选择

Everyone is different so it's about choosing what's right for you.

Treatments can include:

- [Cognitive behavioural therapy \(CBT\)](#)
- Hormone replacement therapy (HRT)
- [Counselling](#)
- [Mindfulness](#)

Eating a healthy, [balanced diet](#) and [exercising regularly](#) can help to improve some menopausal symptoms. There are lots of helpful and free resources that can help you get active and feel good, including yoga, mindfulness and walking.

[Further information about the treatment options available](#)

有多种治疗方法能缓解一些绝经心理症状，您可以考虑进行治疗。

鉴于女性的绝经心理症状各不相同，您应选择适合自己的治疗方法。

治疗方法包括：

- [认知行为疗法 \(CBT \)](#)
- 激素替代疗法 (HRT)
- [咨询](#)
- [正念](#)

健康[均衡的饮食](#)和[规律运动](#)有助于改善一些绝经症状。有许多有用的免费资源可以帮您活跃起来并感觉良好，包括做瑜伽、练习正念和散步。

[现有治疗选择的更多信息](#)

Depression

You might experience mood changes as a result of menopause, but this should not be confused with depression. Depression is a

抑郁

您可能因绝经出现情绪变化，但不应与抑郁混淆起来。抑郁是更严重的情绪变化，即更长时间的情绪低落。

<p>more serious condition, where very low mood is more constant for longer periods of time.</p> <p>Menopause can cause an increased risk of depression. If you think you or someone close to you might be suffering from depression, you should speak to your GP.</p> <p>Further information about depression</p>	<p>绝经会增加抑郁发生的风险。如果您或亲近的人可能出现了抑郁，应向GP说明。</p> <p>抑郁的更多信息</p>
<p>Physical changes and impacts</p> <p>Some of the physical changes that women can experience as they go through menopause can affect the way they feel about themselves, their confidence and self-esteem.</p> <p>The menopause can feel like a big change physically and mentally for many women, so it's important to give yourself the time and space you need to work through these changes.</p> <p>It can be difficult to find time for yourself when you are juggling a busy life, working and supporting family members, friends or children. If you can, try to remember to take time for yourself too. Finding time for a cup of tea, to read a book, go outside for walk, gardening or go online can give you a break from the pressures of life. Mindful breathing exercises and yoga can also really help.</p>	<p>生理变化及影响</p> <p>绝经期女性可能经历一些生理变化，影响她们的自我感觉、自信心和自尊心。</p> <p>绝经期，许多女性觉得生理和心理发生了巨大变化，因此需要给自己足够的时间和空间去适应这些变化。</p> <p>对于生活忙碌、在工作和照顾家人、朋友或孩子的女性而言，很难有自己的时间。如果可以，要记得给自己留出一些时间。找时间喝杯茶、读书、外出散步、打理花园或上网能让您暂时摆脱生活的压力。正念呼吸练习和瑜伽也很有用。</p>

<p>Speaking to other women online or in real life about the physical changes you're experiencing can also help. There might be Menopause Cafes or social media groups that allow you to listen to other women's stories, and to share your own.</p>	<p>您可以在线上或线下与其他女性交流绝经期的生理变化。您可以在 Menopause Cafes 或社交媒体小组聆听其他女性的故事，也可以分享您的故事。</p>
<p>For more information in Chinese (Simplified) go to www.nhsinform.scot/translations/languages/chinese-simplified</p>	<p>若需了解波兰语版的更多信息，请访问： www.nhsinform.scot/translations/languages/simplifiedchinese</p>
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