

Section 7

Menopause and your mental wellbeing

Changes in your hormones during menopause can affect 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 being easily annoyed



- anxiety



- forgetfulness



- loss of self-esteem



- loss of confidence



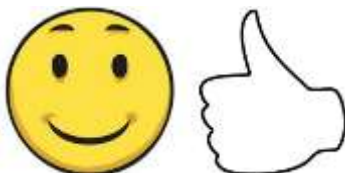
- low mood and feelings of sadness or depression



- poor concentration, brain fog and lost words.



Many women going through menopause or perimenopause will have problems with sleeping.



Lack of sleep and tiredness can also make other symptoms worse. Fixing problems with sleep may help you manage some of the mental health symptoms.



Some women are given anti-depressants to help symptoms during the menopause. But unless you have been diagnosed with depression there are other treatment options that are better for you.



The mental symptoms of menopause are as real as the physical ones. You should not wait to get help if you are struggling. Speak to your local GP practice and they can provide you with the right support and help.

Treatment options



There are different treatments that might help with some of the mental effects of menopause. Everyone is different so it is about choosing what is right for you.

Treatments can include:



- Cognitive behavioural therapy (CBT). A type of talking therapy



- Hormone replacement therapy (HRT)

- Counselling



- Mindfulness. This is keeping your mind on here and now and not worrying about other things.



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.

Depression



You might experience mood changes because of menopause. This should not be confused with depression. Depression is a more serious condition, where very low mood is more constant and lasts longer.



Menopause can make you more likely to suffer from depression. If you think you or someone close to you might be suffering from depression, you should speak to your GP.