

# Menopause and your mental health

It's easy to feel invisible during menopause. If anything, physical symptoms like hot flashes get all of the attention. But your mental health can be greatly affected during this time as well. Maven is here to help support you through your entire menopause journey. Maven Mental Health Provider LaTonya Washington explains more about the connection between menopause and your mental health.

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## How does menopause affect your mental health?

### There are a number of not-so-fun reasons menopause affects your mental health:

- The (very annoying!) symptoms you're experiencing on a daily basis (hot flashes, mood swings, night sweats, changes to your sex drive, weight changes, and more) can lead to feelings like frustration and hopelessness
- Sleepless or restless nights increases fatigue, forgetfulness, and irritability
- Menopause happens at a time in life when you've got so much going on, both personally and professionally—from challenges at work, to caring for others at home, your stress level might have already been at an all-time high, and now you have to deal with even more



## Mental health symptoms to look out for

It's common to feel all the feels during menopause. You might feel sad or moody from time to time (thanks hormones!). But if it starts to interfere with your day-to-day, you might be experiencing something more serious like anxiety or depression.

### Symptoms of depression can include:

- Persistent feelings of sadness, with periods of tearfulness or crying
- Feelings of worthlessness
- Not enjoying activities you used to
- Sleeping too much or too little
- Poor appetite or overeating
- Difficulty concentrating
- Suicidal thoughts\*

### Symptoms of anxiety might include:

- Excessive worrying
- Feeling on edge
- Difficulty relaxing, becoming easily annoyed or irritable
- Fearing that something bad may happen

It's important to speak with your doctor or a mental health provider if you are experiencing some or all of the above symptoms. They can make recommendations for caring for your symptoms and discuss prescription medications to help if needed. You can reach out to speak virtually with a Maven Mental Health Provider for free anytime.

\*If you're thinking about intentionally harming yourself, seek emergency help immediately. Find your local suicide & crisis helpline [here](#) or go to the nearest emergency room.

# How to support your mental health during menopause

It's so important to support your mental health throughout the menopause journey, just as you would any other part of your body experiencing symptoms.

## Try these self care ideas:

- Find small ways to be kind to yourself (meditation, journaling, positive affirmations).
- Try to fit in gentle physical movement like walking or yoga when you're up for it.
- Eat foods you enjoy that nourish your body and make you feel good.
- Limiting alcohol or caffeine might help you feel less anxious, too.

Finding a mental health provider you trust is another great way to process what you're feeling. "I recommend seeing a therapist who specializes in reproductive mental health or phase-of-life changes for support," Washington suggests.

"Remember that although menopause is a natural part of aging, it's OK to feel some sadness, as long as it is not impairing your ability to enjoy your life. Extend yourself compassion as you navigate this new phase of life. Reflect on newfound freedom and opportunities that exist during this time."

**- LaTonya Washington, Maven Mental Health Provider**

## The bottom line

However you're feeling throughout the menopause years is justified. Remember that you are also not alone right now. Don't be afraid or embarrassed to seek support from family and friends. You can also talk to a Maven Mental Health Provider online by message or video chat for free support anytime you need it.

## Maven can help you with:

- Managing your menopause symptoms
- Finding new ways to manage stress and anxiety
- Healthy aging through menopause
- Eating healthy to feel strong through the menopause years

**Join Maven for free today!**



## The menopause journey: What to expect at every stage

Navigating menopause can feel like you're on a wild, winding road at times. You know you're going through a major life transition, but you don't exactly know what's coming up ahead.

Maven OB-GYN Gina Wilson says everyone experiences menopause symptoms differently and at different times (the average age is 51,