



How to deal with menopause mood swings

If you're experiencing menopause, you're likely familiar with the symptoms. But what about when things are going well and you're still feeling all-over-the-place emotionally? You might be having menopause-related mood swings (spoiler: very normal, also, very irritating.)

Read on to learn more about menopause mood swings from Maven expert Dr. Stacey Silverman Fine, and get tips on how to deal with the ups and downs.



LaTonya Washington

Mental Health Provider
14 years of experience

Today's availability

10:00 AM

10:30 AM

11:00 AM

11:30 AM

Why do mood swings happen during perimenopause and menopause?

A "mood swing" is when your emotions switch up in an instant—you may be happy one minute, then angry or sad the next.

Hormones like progesterone and estrogen are the main culprits for mood swings. Hormone levels shift throughout the transition to menopause, which can cause your emotions to shift as well.

But life changes, daily stressors, and other menopause symptoms can also play a big part in the way you're feeling. If you feel like your mood swings are more "downs" than "ups," you can reach out to a Maven Mental Health Provider for help.

What can I do to manage my mood swings?

Menopause mood swings aren't something you just have to live with. Start by trying these ideas to help you manage:

- Talk to someone. Mental Health Providers are available on Maven anytime to help you cope with changing emotions.
- Change your exercise routine and eating habits. Exercise is known for being a mood-booster, and changing how you eat might be able to take the edge off, too.
- Consider hormone replacement therapy (HRT). "Sometimes medications are necessary to help manage symptoms like mood swings," Silverman-Fine says.

Maven can help you through every stage of menopause

Thankfully, you're not going through this alone. Get virtual support on Maven to help you:

- Manage mood swings, stress, and anxiety
- Find menopause treatment guidance
- Communicate with loved ones and colleagues about what you need

Visit mavenclinic.com/join/menopausemood or scan the QR code to get the free menopause support you need today!

Join Maven today for free

