

Anxiety, Feeling Ill At Ease

It's difficult to write about anxiety during menopause because it can be a very complex issue. Anxiety is the feeling of being stressed, fearful and nervous over everyday events. Imagine waking up in the morning, feeling overwhelmed about the events of your day or for no particular reason, experiencing shortness of breath and a tightening in your chest and then having to get up and walk through your day with that weight of anxiety ceasing to lift. It can be extremely uncomfortable to live with and yet it is very common among women to experience anxiety. It is even more commonly felt in women during menopause.

Many women suffer from anxiety during menopause due to the imbalance of the hormones estrogen and progesterone, which are responsible for regulating adrenal function. There are several types of anxiety though

(including some serious clinical anxiety disorders), and they may even be experienced before and after menopause. We recommend speaking to a doctor about any prolonged or crushing anxiety you may be experiencing. For some women anxiety may be the worst of all menopausal symptoms because it may cross over so many other feelings and very real



concerns in your life. It may lead to feeling out of control of your life and circumstances and like you are living in a constant state of hyper vigilance and fear.

Working with a doctor to narrow down what the root cause of your anxiety is may be a very insightful and validating experience. Menopause is no joke and it sometimes wreaks havoc on not only our physical but also our emotional states of wellbeing.

Anxiety can become a rough cycle in menopause because it leads to exhaustion, which leads to more stress, which leads to more hormonal imbalances, which lead to more anxiety... etc. You get the picture. Your body is wearing itself out.

There are some treatments for, and ways to decrease anxiety during menopause. Balancing your hormones, either through Hormonal Replacement Therapy (HRT) or working holistically is a good place to start. Also getting your adrenals and thyroid checked to make sure they have the proper support they need to function well might be helpful. There are daily activities you could do as well such as yoga, deep breathing, taking a walk or some quiet time, working with a therapist or counselor if needed, eating a balanced diet and getting enough rest. We know anxiety is no fun, but remember, you are not alone in this and although it does not feel that way presently, menopause will pass!