

Feelings of Dread, Apprehension, Doom

Have you ever had the feeling like something awful is going to happen at any moment for no apparent reason? Or like the fun weekend you had planned will take a terrible turn for the worse? Feelings of dread, apprehension and doom often may leave you terrified that you are about to live through your worst nightmare even when there is no sign of danger.

These symptoms can be closely related to anxiety during perimenopause. They can come on like a storm of fear, torment your mind and disturb your sleep and sense of wellbeing. Some women experience these feelings as flashes that pass with time but many other women cannot shake the mounting terror and are left feeling very shaken, breathless and out of control. Feeling so overwhelmed by fear makes it hard to function and often these feelings are not something you can easily talk yourself out of. When feeling so overrun by fear, it is extremely important to recognize the tie to menopause and the hormonal changes your body is experiencing. You are not “crazy”, you are not alone and there is help.

Seeking out treatment for symptoms experienced during perimenopause can lead to great relief and often fairly quick results. Talk with your doctor about any feelings of dread, anxiety, depression you may be experiencing. Hormonal Replacement Therapy (HRT) and or other hormonal support options are often available and are great place to start.