

Irritability

Webster's Dictionary may define irritability as: "quick excitability to annoyance, impatience or anger", however a menopausal woman's definition, on the other hand, may be something such as: "I wish my husband wouldn't chew his food like that...or chew at all...or breathe!"... "Nobody move, nobody talk, nobody even breathe!!!"



However your irritability may appear it may be comforting to know that over 50% of women in the menopause transition experience it. Irritability may cause you to feel agitated and overwhelmed. Just remember, it's not your fault, it's not their fault (and honestly girls you know what I'm talking about. It's so much easier to blame them)... it's your hormonal imbalances causing you to want to pinch your boss or spank your neighbor.

Helpful tips for dealing with irritability are to stay open with your loved ones about your experience, take time for yourself, get enough sleep and rest, exercise and eat a balanced diet, give yourself some grace and when you really need to.... and take your anger kickboxing or out to the local shooting range!

