

Mood Swings, Sudden Tears



"You're up, you're down
You're nowhere to be found
You're laughing, you're crying
And think you may be dying!" ...

...sounds like a Mood Swings Hit Tune that is number one on the top Billboard list! And all, oh so true!

Mood swings are a sudden shift in one's emotional state and are often seen as an emotional reaction that is disproportionate to the trigger. Feeling like you are on a roller coaster, out of control and losing a grip on yourself are all a part of mood swings; while they may be one of the most difficult symptoms of menopause to deal with they are also one of the most common. You are not alone, sista!

Mood swings are complex because they are caused by both hormonal imbalances AND they may also be brought on by other menopause symptoms. Estrogen is up to no good again when it starts to mess with the

levels of serotonin (a neurotransmitter that regulates mood function) in your brain and that is one definite root cause of mood swings. However, if you are experiencing other symptoms of menopause such as hot flashes, fatigue, physical changes etc... then mood swings are more likely to occur as well.

Menopausal women experience mood swings in varying degrees. Health, behavioral and psychological factors all play into the likelihood of mood swings that may develop during menopause.

There are ways to cope with mood swings and they involve lifestyle changes (getting enough rest, eating balanced meals, decreasing stress) as well as exploring alternative medicines for hormonal imbalances. Other conditions like depressions, anxiety and bipolar disorder may be confused with mood swings and need medical attention if lasting for an extended period of time.

