

Midlife Mood Changes Explained™

Hormonal shifts may play a part, but mood is shaped by more than hormones alone.



Some women notice new or stronger mood symptoms during the menopause transition. The timing, intensity, duration and effect on daily life can help guide the next step.

What Might Mood Changes Feel Like?



Irritability



Feeling tearful



Low mood



Loss of enjoyment



Anxiety or uneasiness



Feeling emotionally sensitive

What May Be Contributing?



HORMONAL SHIFTS

Changing estrogen and other hormones may affect mood regulation.



STRESS & RESPONSIBILITIES

Work, caregiving, finances and mental load can accumulate.



LIFE CHANGES

Relationships, grief, identity, aging parents and changing roles can affect emotional well-being.



SLEEP & SYMPTOMS

Night waking, hot flashes, pain and fatigue can wear down coping capacity.



HEALTH & MEDICATIONS

Thyroid concerns, illness, nutrient deficiencies and medication effects may matter.

Several contributors can be present at the same time.

What Can Help?

1



Notice the pattern

2



Protect sleep and regular meals

3



Move and spend time outdoors

4



Stay connected with supportive people

5



Discuss persistent changes with a professional

Consider Reaching Out When

- ☐ Symptoms last most days for two weeks or longer
- ☐ Mood affects work, relationships or self-care
- ☐ You feel hopeless, numb or unable to enjoy things
- ☐ Anxiety, agitation or mood shifts feel difficult to manage



Gentle Reminder

Mood symptoms deserve the same thoughtful care as physical symptoms. Support may include healthcare, counseling, lifestyle changes or a combination.



Martine's Midlife Wellness Tip

Write down when the change began, what else was happening and how it affects your day. Those details can make the conversation more useful.



If you may hurt yourself or cannot stay safe, call emergency services. In the U.S., call or text 988 for immediate crisis support.