

Menopause and Anxiety

INFORMATION SHEET

Some women go through menopause without experiencing any noticeable symptoms, whilst others find this period challenging; experiencing a raft of physical and psychological symptoms. In fact, it is reported that 8 in every 10 women do experience symptoms with over half finding such symptoms difficult to manage. It is said that there are at least 38 symptoms or more of menopause.

Many women report new onset of anxiety, having never previously experienced anxiety at a level that it could be termed an anxiety disorder. Others report a worsening of their pre-existing anxiety condition as a result of the menopause, including changing in focus and/or severity. In fact, for women who have lived with anxiety for many years and who have in some way, become familiar with the way that their particular form of anxiety manifests, when the menopause hits, they may report finding their anxiety has taken on a whole new identity; becoming more severe/intense/frequent/disabling, and consequently very challenging to manage.

As the menopause often happens at a time in women's lives when other key life events are also taking place, e.g. children leaving home, elderly parents falling ill and women taking on carer responsibilities, this 'double whammy' effect can really feel destabilising. Furthermore, along with increased anxiety levels, women often report a loss of confidence; finding it difficult to undertake tasks that previously they would have given little thought to. This, plus some of the other physical and psychological symptoms of the menopause, for example, weight gain and sleep difficulties, can all contribute to a significant loss of confidence. In fact, it is reported that many women find that the symptoms of menopause have impacted adversely on their working life, and for some, this is to the extent that they choose to leave their job.



50% OF WOMEN
EXPERIENCE MOOD
SYMPTOMS RELATED TO
MENOPAUSE

SUPPORT FOR ANXIETY DURING THE MENOPAUSE

There are a number of support options available to women experiencing difficulties with anxiety associated with the menopause, and it's important that you reach out for help and don't suffer alone:

- Visit your GP
- Counselling
- Cognitive Behavioural Therapy (CBT)
- TheMenopauseCharity.org
- If you work, speak to your manager