

When menopause feels more than just physical

You might have expected menopause to bring some physical changes - but you might not have anticipated how much it would affect how you feel in yourself. You might notice:

- Feeling more anxious, low or emotionally reactive than usual
- Difficulty concentrating or feeling mentally foggy
- Self-doubt or sudden dips in confidence
- Irritability or overwhelm that feels out of proportion
- Changes in sleep that are affecting everything else
- Feeling flat, disconnected or not like yourself

Menopause isn't just a physical transition, it can affect how you feel, think and experience yourself. These changes are real and much more common than we often talk about. Hormonal changes can have a significant impact on mood, sleep, and emotional regulation. At the same time, many women in perimenopause and menopause are navigating other pressures - work, caring responsibilities, identity shifts - which can make everything feel more difficult.

When to consider more support:

- If your mood or anxiety feels persistent or worsening
- If you're struggling to feel like yourself day to day
- If it's affecting your relationships or confidence
- Or if something just feels off and the feeling isn't settling

Where to go for help:

- Your local **NHS Talking Therapies** (you can self-refer or your GP can refer you);
- Private providers like **Talking Women**: talkingwomen.co.uk