

## When to Seek Psychological Help During Perimenopause/Menopause

If your symptoms are significant enough that they are interfering with your everyday life, it is time to seek help. Terri suggests: "Be honest with how you feel and what you are going through. No one can help unless they know about what is going on".

Keep in mind that menopause can correlate with other life changes that can affect your emotional state and mental health. If you have children, they may be moving out of the house or going off to post-secondary education away from home. This can leave a parent wondering about the new role they have in life as 'an empty nester' someone whose kids have left home. It is also mid-life, a time when people in general step back to evaluate where they are in life; where they have been and where they want or wanted to go. All of these can have an impact on a person's well-being and mental health.

### Increased levels of anxiety

- More frequent panic attacks or meltdowns
- Feeling more nervous than usual
- Feeling more worried than usual
- Over-thinking more than usual
- Muscle tension
- Increased lack of concentration

### Feelings of depression:

- Hopelessness
- Lack of motivation
- Irritability
- Not sleeping or desire to sleep far more than normal
- Suicidal thoughts

### Mental Fog

### Mood swings that are increased in volume or intensity

### Need help managing emotional regulation (especially around sensory triggers)