

# Dealing with Anxiety.

One of the most challenging symptoms of peri menopause is anxiety, so it's important to make sure that you're in control of your hormone health & overall mindset.

Did you know that anxiety is a totally normal reaction to an apparently threatening situation? and fighting it isn't what we were built to do!

I'm a totally practical being but don't let that fool you into thinking I'm happy & anxiety free all the time, but I do pretty well!

I'm not able to perform magic so it must be something we can all do because I'm just like you with all the same hang ups, worries and upsets.



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If you allow yourself to pile anxiety on top of anxiety it can exacerbate your symptoms & bring about further symptoms such as sleep disturbance, upset digestion & headaches.

The last thing you need is to give yourself a hard time about feeling anxious!

I do love a bit of self-care so, let's start with giving yourself permission to feel anxious.

**The way that you think about a situation can impact how you feel and remember!**

You CAN control how you feel

You CAN control how you behave

You CAN adjust to your new situation



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It's important to consider your very valid feelings which may include:

Embarrassment

Overwhelm

Low Mood

### What to do

- ☀ Many symptoms can be eased with simple changes to behaviour such as:
- ☀ Developing a sleep schedule
- ☀ Reducing alcohol & caffeine intake
- ☀ Regular exercise
- ☀ Regular calls with friends, family and any professional support you need/want
- ☀ Planning in small achievements every day even if that's just finishing the ironing!



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# Hormone Replacement (HRT)

You probably already know that I'm a huge advocate of HRT so I will say that HRT will really help you if your anxiety is accentuated by peri or post menopause, but...here are a few more tips.

## Self-Care

Don't forget to breathe (obvious I know!)

Slow your breathing down to help reduce hot flushes & manage that 'flight response'

*It's good to do this lying or sitting down. (breathe in for 3 and out for 5)*

Be aware of your thoughts.

Challenge them with logic and practical solutions such as:

*"I've made some adjustments to my HRT so I can expect some slight disruptions.*

*I'm going to be fine"*

Tell yourself that the feeling will pass (because it will)

Talk to yourself as you would talk to a person you care for who is feeling worried.





*I hope that little insight helps and if you need more guidance on your hormones, HRT or female wellness, you can see more on how to work with me at:*

[www.menopausalnotmad.co.uk](http://www.menopausalnotmad.co.uk)

Jane Pangbourne:  
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*Jane x*

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