



"My mood is all over the place! Please advise!!!"

Another common symptom that MANY women find themselves experiencing is not being able to help from snapping, mood swings, irritability and/or being very tearful. This doesn't just apply to perimenopause; it can apply at any point in a woman's menstrual history.

Safety caution first: If you have had a history of depression or other mental health problems then please check with your GP/ mental health support services. They will be able to assess you & determine if your symptoms are part of your existing health problems or perimenopausal/premenstrual in addition. So please do not stop taking your medication without obtaining advice from your GP.

If your mood is worse at various times during the month, it is highly likely hormonal and to do with the premenstrual & or perimenopause. I suggest downloading the free symptom tracker on the website and tracking your symptoms daily for at least 4 weeks, this will provide you with extra information to take to your GP, to support diagnosis.

The symptom tracker really helps to identify on what day of your cycle, certain symptoms appear. This is great as it enables you to be aware that on certain days you may feel grumpy or moody and you can share with the people close to you that you want some space, or you need reassurance, or a cuddle. Whatever helps you feel better.

Our hormones are dipping and fluctuating over this time & of course affecting our mood!

You may find yourself feeling a bit or very agitated. Have you noticed that you are snappy with family, friends & work colleagues? Or have you found yourself becoming tearful at the slightest things?

Maybe how someone has spoken to you or something happy such as seeing a puppy/baby. You do not want to be behaving in that way, but your hormones won't let you stop! We all want & need to be responsible for ourselves & take ownership of our demeanour.

Well, good news! There are various ways of helping yourself to feel better, so that's great news for you and your loved ones around you right?

So, what can you do? You may want to try HRT as this helps to level out the hormones, so there will be far less dips and spikes in the oestrogen and consequently how you are feeling. Have a chat with your GP or menopause specialist, they will be able to advise if this is an appropriate treatment for you.

The NICE guidelines recommend that Cognitive Behavioural Therapy is a good solution to support you.

Many women benefit from complementary therapies to support them through this, such as hypnotherapy, massage, yoga, or acupuncture, many can reduce a variety of menopause/premenstrual symptoms.

Eating sugar & processed foods can really impact on how you are feeling, there is the saying 'you are what you eat' but eating sugar does not result in sweet behaviour. Try cutting down on sugar if you have a diet relatively high in processed foods.

When we eat high sugar foods our blood sugar spikes and then crashes shortly after, that combined with oestrogen doing its thing can really impact on how you are feeling and your mood, and can worsen your snappiness, low mood and other symptoms.

Basically, do think about nutrition. Our brain needs fatty acids to work effectively. So, think about eating oily fish, perhaps omega 3 supplements and/or flax, chia or hemp seeds. Mixes of these seeds are readily available & can be sprinkled on breakfast cereals, fruits & yoghurts or even salads and soups.

This would be best incorporated into a balanced, wholesome intake of food and drink.

Other actions you can take to help you through this:

Exercise is a great mood booster & can help with mood, you don't have to go crazy & run marathons, try turning the music up in the kitchen & have dance as if no-one can see you, it's a free & quick mood booster, many report that it energises them and helps them feel brighter.

Reduce caffeine as this can make your mind work overtime as can alcohol.

Drink water aim for 2 litres a day.

Talk to the people around you. Tell them if you are feeling super snappy or tearful & how they can help you.

It may be that you need some space, you may need reassuring or a hug. If people know how you are feeling, it helps them to understand what you need.

Try and be kind to yourself. You do not have to splurge out on expensive gifts to yourself, it may be just a walk on your own, a bike ride, a bath, whatever you need allow yourself that time.

Remind yourself that these feelings and behaviours will pass, and you will feel better inside yourself once more.