

Hormonal Therapy Less Effective if Experiencing Unresolved Relational or Emotional stress

During perimenopause differences in relative levels of estrogen and progesterone affect the temporal lobe and the limbic areas of our brains and we may find ourselves becoming irritable, anxious, and emotionally volatile. These feelings can also be driven by episodes of stress due to relationships, children, and job situations where you feel angry or powerless. If your life situation does not change then unresolved emotional stress can exacerbate a perimenopausal hormonal imbalance and cause you to not experience the full benefit of hormone therapy.

Many women during childbearing years are guided by hormones to focus on being nurturers, caregivers, or outwardly directed and overlook these stressors putting themselves last. We have a small glimpse as to what the hormonal shift of perimenopause will be like emotionally, during PMS when our hormones cause us to be in a more reflective state inwardly directed and self-focused. Issues that have not resolved with your parents or your partner will resurface during the hormonal shifts of perimenopause. Your inner wisdom is letting you know that you are not getting the help and support you need in certain areas of your life. Uncomfortable symptoms that reveal themselves during times of hormonal shift will be magnified and prolonged if you are carrying a heavy load of emotional baggage. Our body is telling us to deal with unresolved issues. Each cycle that you do not deal with these issues can accumulate. Perimenopausal physical and emotional symptoms become impossible to ignore reminding us to focus on our own needs and passions and to mother ourselves. You are being urged biologically to pause from others in order to do the important work on yourself. Your inner self has been trying to get your attention hormonally attempting to mediate your accumulated needs wants and desires. Embrace yourself ease up on your self-judgment. Allow yourself to see what has been long hidden. It is important to make a new life to accommodate your emerging self.

Instead of why me, ask what is driving my irritable angry feelings? What issues have I left unresolved? I encourage you to stop fighting the feelings that you are experiencing and surrender your control. Allow yourself to focus on just being present with your body physically and emotionally. Our midlife bodies and brains fully support our ability to experience and express anger with a clarity not possible prior to midlife. Healing does not take place until we surrender to our feelings and let them to wash over us. Learn to quiet yourself and fully experience what you are feeling. Your emotions, desires and dreams are your inner guidance system they will let you know if you are living in an environment of biochemical health or distress. Your attitudes and beliefs and daily thought patterns have a profound effect on your health.

When we reframe our symptoms and see them as our inner guidance rather than feel victimized by our bodies, we have the opportunity to feel empowered at midlife. Acknowledge, identify and express those feelings with focused attention then release them proactively. Be there for your body and your emotions just as you would be for a child or anyone else you love. If you feel overwhelmed by sadness or anger choose to stop and identify that feeling rather than reacting to it. Be a good listener to yourself let the emotion be expressed freely and honestly. If you need assistance unpacking your emotional or relational stress please contact our office.

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