

# Mood Swings During Perimenopause



## Types of emotions

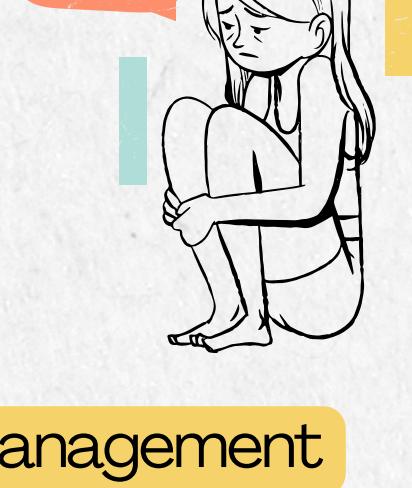
### Emotional Symptoms

Irritability, tearfulness, anxiety, and feeling 'not like yourself' are common during this time.

## Hormonal Fluctuations

### What Causes Mood Swings

Hormonal fluctuations impact estrogen and progesterone, affecting brain chemicals like serotonin, leading to emotional instability.



## Emotional management

### Tips to Balance Mood

Incorporate stress relief techniques, regular meals, exercise, sleep hygiene, and open communication to improve emotional stability.

## Mental health

### When to Seek Help

If mood swings become overwhelming, consider professional support for evaluation and guidance tailored to your needs.



## Professional support

### How Le Nest Helps

Offers counseling and lifestyle programs designed to support emotional wellness.



You're Not Alone – And  
It's Not "Just in Your Head"

