

Cognitive Health 101: What Every Woman Should Know



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Cognitive changes in midlife are something many women experience, yet they're rarely talked about openly. At its core, this stage is not about decline, it's about transition. Shifts in hormones, sleep, stress, and life demands can all influence how your brain feels and functions day to day.

Like menopause, cognitive changes are a natural part of life. And with the right understanding and support, you can navigate them with clarity, confidence, and care.



What is Cognitive Health, Exactly?

Cognitive health refers to how well your brain functions across areas like memory, focus, processing speed, and emotional regulation.

During midlife - particularly in perimenopause and menopause - many women notice changes such as forgetfulness, difficulty concentrating, or feeling mentally "foggy." These shifts are often linked to hormonal fluctuations, especially changes in estrogen, which plays a key role in brain function.

It's important to remember: these changes are common and valid. Some women experience subtle shifts; others feel more disruption. Either way, you're not alone, and you're not imagining it.

The Brain in Transition

As hormones fluctuate and decline, the brain adapts in real time. Estrogen supports communication between brain cells, energy use in the brain, and memory processes. When levels shift, it can affect:

- Memory recall (e.g., word-finding or names)
- Focus and attention
- Processing speed
- Mood and emotional regulation
- Sleep quality (which directly impacts cognition)

You may also notice increased mental fatigue, especially when juggling work, family, and other responsibilities. It's important to remember: this is not a loss of ability, it's a shift in how your brain is operating. And like any transition, it can be supported.

What Can Help - and How to Feel Better

The good news? There's a lot you can do to feel better, naturally and holistically.



Move your body daily. Even a brisk walk or gentle stretching helps regulate mood, improve sleep, reduce joint stiffness, and manage weight.



Eat to support your brain. Focus on whole foods, healthy fats, and protein. Omega-3s may support mood and cognitive clarity.



Make sleep sacred. Consistent sleep supports memory, emotional balance, and mental sharpness.



Reduce cognitive overload. Limit multitasking and build in moments of focus and rest.



Talk it out. Sharing your experience can reduce stress and help you feel supported.



Seek expert support. Cognitive Strategies, therapy, or medical guidance (including hormone therapy where appropriate) can help you feel like yourself again.

Cognitive Health is More Than Symptoms

This stage of life is also an opportunity - to slow down, reflect, and refocus on your mental well-being.

As your brain adapts, it's a time to prioritize what matters most. Many women find greater clarity, stronger boundaries, and a deeper sense of self.

Supporting your cognitive health isn't just about managing symptoms, it's about optimizing how you think, feel, and function.

You're Not Alone

One of the hardest parts of cognitive changes in midlife is how invisible they can feel. But here's the truth: this is a shared experience for many women.

Midlife is not a decline - it's a transition into a new phase of strength and self-awareness.

Your brain is not failing, it's adapting.

With the right tools and support, you can feel focused, capable, and in control.

