

When Hormones Affect How You Feel

You're not imagining it - your body and emotions are connected

“Some days you may not feel like yourself.”

That does not make you weak, difficult or over-sensitive.

What you might notice

Hormonal changes can be linked with low mood, anxiety, irritability, tearfulness, poor sleep, tiredness, brain fog, headaches, hot flushes or a racing or noticeable heartbeat.

Symptoms can happen around periods, during perimenopause or menopause, after pregnancy, with some medicines, or because of a thyroid condition.

What I want you to know

Please do not tell yourself to simply “push through”. If your usual coping tools are not working, your body may be asking for more rest, predictability and support.

Hormones can affect ADHD traits, autistic sensory tolerance and emotional regulation too. Your experience deserves to be taken seriously.

A gentle plan for the difficult days

- Track your mood, sleep, cycle and physical symptoms so that patterns become easier to see.
- Lower unnecessary demands, eat and drink regularly where you can, and build in recovery time.
- Tell someone you trust what is happening. You do not have to explain it perfectly to deserve support.
- Take your record to your GP and ask about possible hormonal, menstrual, menopausal or thyroid causes.

Please arrange a GP appointment if

Symptoms are new, severe, persistent, worsening, affecting daily life, or linked with heavy or irregular bleeding, unexplained weight change, neck swelling, tremor or repeated palpitations.

Get urgent help

Call 999 for palpitations with chest pain, breathlessness or fainting. For immediate risk of self-harm or suicide, call 999 or go to A&E.

You deserve an explanation, not dismissal

A clinician can listen to the pattern, review medicines, discuss menstrual or menopausal symptoms, and decide whether examination or blood tests may help. You are allowed to ask questions and request further support.

Space to Breathe Therapy | Support Hub information resource

Information only - not a diagnosis or substitute for medical care. Sources checked August 2026: NHS menopause and perimenopause, PMS, overactive thyroid and heart palpitations guidance.