Understanding Hormones for Females

Why do I feel like a different person each week?

The Role of Hormones:
Hormones are chemical messengers that affect your mood, focus, energy, and emotions.
They're part of a natural rhythm — not something to fight against.
For females, hormonal changes happen every month through the menstrual cycle, and across life through puberty, pregnancy, and menopause.
When hormones fluctuate, so does how you feel.
Understanding these patterns helps you work with your body instead of judging it.

The Monthly Hormone Cycle (Overview)

Menstrual Phase (Days 1–5)

- Hormones drop. You may feel tired, emotional, or inward.
- Rest, reflect, and slow down.

Follicular Phase (Days 6–13)

- Estrogen rises. Energy, focus, and motivation return.
- Best time for new ideas and planning.

Ovulation (Around Day 14)

- Hormones peak. You may feel confident, social, or creative.
- Good time for communication and connection.

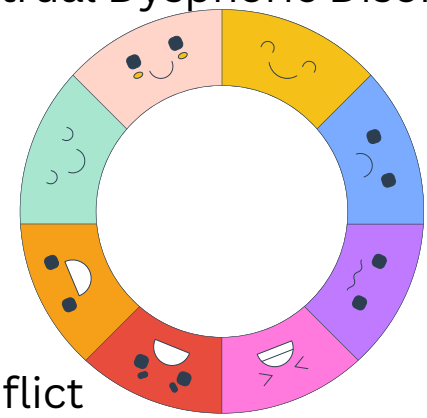
Luteal Phase (Days 15–28)

- Progesterone increases, preparing for your period.
- Can cause mood swings, low energy, and sensitivity.
- Gentle self-care and grounding help here most.

When Hormones Feel "Out of Balance"

Some women experience stronger hormonal symptoms known as PMS (Premenstrual Syndrome) or PMDD (Premenstrual Dysphoric Disorder).

Symptoms can include:



- Irritability or anger
- Crying spells
- Anxiety or sadness
- Fatigue and brain fog
- Bloating or headaches
- Overwhelm or sensitivity to noise and conflict

These are not "overreactions" — they are real physiological responses.

Hormones, ADHD & Autism

Neurodivergent women often feel hormonal changes more intensely.

Fluctuations in estrogen and dopamine can heighten ADHD symptoms, sensory sensitivity, and emotional reactivity.

Tracking your cycle can help you predict when focus or emotion shifts — and plan support around it.

Supporting Hormonal Health

- Eat regularly to balance blood sugar and mood.
- Prioritise rest during low-energy phases.
- Gentle movement like yoga, walking, or stretching.
- Mindfulness or journaling during emotional days.
- Seek professional help for severe symptoms (PMDD, thyroid issues, etc.).
- Be kind to yourself — your body is cyclical, not inconsistent.

Remember

You're not "too sensitive" — you're in tune with your body.

Understanding your hormones helps you reclaim your rhythm, your energy, and your peace.