

# Women's Mental Health

Women face unique challenges when it comes to mental health. Societal expectations, cultural norms, and gender inequalities can all contribute to women's mental health struggles. It's important to acknowledge these challenges and work towards solutions that promote women's mental wellness.



## Issues Affecting Women

**Stigma:** Women may feel ashamed or embarrassed about seeking help for mental health issues due to societal stigma surrounding mental illness.

**Hormonal changes:** Hormonal fluctuations during menstrual cycles, pregnancy, and menopause can contribute to mood swings, anxiety, and depression.

**Trauma:** Women are more likely than men to experience sexual assault, domestic violence, and other forms of trauma, which can lead to PTSD, anxiety, and depression. Verbal and emotional abuse can also have long-term effects on mental health.

**Societal Pressure:** Women often bear the burden of juggling work, family, caregiving, and other responsibilities, which can lead to stress.

**Body Image:** Women in the US are more likely to have a negative body image which puts them at higher risk for mental health conditions" According to OASH

**Mental Illness:** Some mental health conditions can make hormonal changes during menstrual cycles worse and affect fertility."

## → Self Care

Engaging in self-care activities, such as exercise, meditation, or journaling, can help manage stress and improve mental well-being. Self-care is not selfish.

## → Seek Support

Women especially can benefit from support networks, such as therapy groups or women's circles, where they can connect with others who have similar lived experiences.

## → Manage Stress

Share the workload and prioritize your to-do list. Give yourself permission to say NO and ask for HELP before becoming overwhelmed.

## → Prioritize Sleep

Sleep is the bedrock of good mental health. Prepare yourself for a good night's sleep by turning off devices and unwinding before bed.

Depression is the leading cause of disability worldwide, and *women are twice as likely as men to experience depression.*

Statistic from NIMH

