

KNOW YOUR FLOW

menopause & mood changes

You might feel irritable or have crying spells. Mood changes at this time in life could also be from stress, family changes, or feeling tired. Mood changes are not the same as depression. Talk to your doctor if you have symptoms of depression that last longer than a few weeks, including less energy or a lack of interest in things you once enjoyed.

For more information on menopause go to medlineplus.gov/menopause.html

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