



STRESS AND HORMONAL IMBALANCE

Chronic stress causes a sustained rise in cortisol and hyperactivation of the sympathetic nervous system, directly interfering with the production and balance of progesterone and other sex hormones. This state of constant alertness disrupts the body's homeostasis, accelerates neuroinflammation, and triggers physical, emotional, and metabolic symptoms.

COMMON SYMPTOMS

- Anxiety, irritability, agitation, and depressed mood
- Sleep disturbances, insomnia, and difficulty relaxing
- Constant fatigue, lack of energy, and brain fog
- Menstrual cycle irregularities, low libido, and compulsive eating

UNDERSTAND THE
RELATIONSHIP BETWEEN
HORMONAL FLUCTUATIONS
AND MENTAL HEALTH.