



The
Listening
River

Thoughtful therapy
and reflective support

ADHD and the Impact of Menopause

Information and support for women

You are
not alone.
You are
not failing.



WHY DOES EVERYTHING SUDDENLY FEEL HARDER?

Many women with ADHD say that they coped reasonably well for years and then, during perimenopause or menopause, everything seemed to change.

You may find yourself thinking:

- "I can't keep up anymore."
- "I'm forgetting everything."
- "I don't recognise myself."
- "Why does everything feel so overwhelming?"

If this sounds familiar, you are not alone.



WHAT IS HAPPENING?

ADHD affects the way the brain manages:

- Attention and concentration
- Memory
- Planning and organisation
- Emotional regulation
- Motivation and energy



During perimenopause and menopause, levels of the hormone oestrogen begin to change and decline.

Oestrogen plays an important role in supporting brain chemicals such as dopamine, which also plays a key role in ADHD.



For some women, these hormonal changes can make ADHD symptoms feel stronger or more difficult to manage.

WHAT CAN HELP?



Be kind to yourself

Your brain and body are going through significant changes.



Reduce the mental load

Write things down, use reminders and simplify where possible.



Protect your energy

Rest before you become exhausted.



Create gentle routines

Simple routines can help reduce overwhelm.



Ask for support

You do not have to manage this alone.

COMMON CHANGES WOMEN NOTICE



THINKING AND MEMORY

- Brain fog
- Forgetting words or appointments
- Losing things more often
- Difficulty concentrating
- Struggling to finish tasks



EMOTIONS

- Feeling overwhelmed
- Increased anxiety
- Irritability
- Feeling more emotional or tearful
- Greater sensitivity to criticism or rejection



ENERGY AND DAILY LIFE

- Exhaustion
- Difficulty managing responsibilities
- Feeling mentally overloaded
- Loss of confidence
- Difficulty making decisions



SLEEP

- Trouble falling asleep
- Waking during the night
- Feeling tired even after sleeping



Why can this feel so upsetting?

Many women begin to question themselves:

- "Am I becoming lazy?"
- "Am I losing my memory?"
- "Why can't I cope like I used to?"

The truth is that many women are experiencing the combined effects of:

ADHD + Hormonal Changes + Life Demands

SUPPORT MAY COME FROM

- ♥ Your GP
- ♥ A menopause specialist
- ♥ ADHD services
- ♥ Counselling or therapy
- ♥ Support groups
- ♥ Family and friends



*A Thought to
Carry With You*



You are not failing. You are not "going backwards."

You are learning how your brain and body work in a new season of life. With understanding, self-compassion and the right support, many women find new ways to work with their strengths and begin to feel more like themselves again. ♥