



Stress and hormones

In our monthly lesson we looked at the ways that our stress levels impact our hormone levels. We learned about the key hormone groups in our bodies and those include:

- reproductive hormones
- stress hormones
- thyroid hormones
- hormones that regulate blood sugar levels

We also looked at stress and the overall effect that it has on your whole hormone picture - because stress is a whole body response.

Take a moment now to think about your overall hormone picture (we have a tendency just to concentrate on reproductive hormones) and answer these questions to get a sense of where you may need to support your body now to avoid (or improve) symptoms related to hormone imbalances.

- where do you feel your reproductive hormones are just now? Stable or transitioning? Symptoms like difficult periods, hot flashes, mood swings may indicate fluctuations.
- have you had trouble with your thyroid? Low thyroid conditions make the body run cold and slow, overactive conditions make it run fast and hot.
- how is your relationship with sugar? Can you tolerate it? Do you get hangry or feel shakey if you haven't eaten regularly?

Continue overleaf/



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If you have any clear symptoms, now is the time to get them checked out either by seeing your doctor or medical herbalist. If you have some initial questions, feel free to ask in the group. Remember also that any situation will benefit from reducing stress levels. What tools have you learned that you can use to support yourself in this situation now? Is there any extra help that you need to achieve this? If so, how can you access that help?

Make out a plan below that includes what action you will take this month to support yourself to change the situation.