

Hormones & Mood

Hormonal changes can strongly influence mood, energy, sleep, and motivation. Understanding these patterns can help explain shifts in wellbeing and highlight supportive steps you can take.

Key Hormones:

- Oestrogen & Progesterone: Fluctuate across the menstrual cycle, perimenopause, and menopause. Affect serotonin, dopamine, and GABA — influencing mood, sleep, and anxiety levels.
- Testosterone: Present in both men and women. Low levels may reduce energy, motivation, and libido. Linked to flat or low mood.
- Thyroid hormones (T3, T4, TSH): Regulate metabolism. Low thyroid (hypothyroidism) can mimic depression with fatigue, weight change, and brain fog.
- Cortisol: The stress hormone. Often too high or flattened in depression, disturbing sleep and weakening immune resilience.
- Insulin & Blood Sugar: Large swings in glucose can cause irritability, brain fog, or energy crashes. Stability supports steadier mood.

Ways to Support Balance:

- Discuss HRT (hormone replacement therapy) or alternatives with a clinician if peri/menopausal.
- Check thyroid function (GP blood tests) if persistent low energy or low mood.
- Strength training and daily movement stabilise many hormones including oestrogen, testosterone, and insulin.
- Consistent sleep–wake times and good light exposure anchor cortisol rhythm.
- Balanced meals with protein, fibre, and omega-3 fats support serotonin and blood sugar balance.

This guide is for general understanding only. It is not a substitute for professional advice. If you are struggling with mood or energy, please seek advice from your GP or healthcare provider.