

The HAG’S Guide

The Basics

Aging naturally moves women from the reproductive years into post-reproduction. During this transition, hormone shifts change the brain and body, forcing the whole system to reorganize. Perimenopause can begin as early as the mid-30s, last 4–10 years, and affect anyone with ovaries or an XX chromosomal pattern.[\[1\]](#) Menopause can also be surgically or medically induced. This hormonal upheaval can also reveal the places where our systems are already vulnerable.

Sex Hormones

Hormone	Function	Effects when it Declines
Estrogen	The Brain Supporting Hormone	Mood, memory, focus, sleep, stress
Progesterone	The Calming Hormone	Anxiety, irritability, sleep disruption, and lower stress tolerance
Testosterone	Energy, Motivation, Libido	Low libido, low energy, low motivation

Estrogen affects other neurotransmitters. As estrogen levels vary during perimenopause, this can cause a cascade of symptoms. Estrogen, progesterone, and testosterone do more than regulate reproduction; they influence how calm, focused, motivated, and emotionally steady a person feels.

How Estrogen Affects Other Brain Chemicals

Neurotransmitter	Function	Decline of Estrogen Results
GABA	The brain's calming neurotransmitter	Reactive, overstimulated, anxious
Dopamine	involved in motivation, focus, reward	can contribute to brain fog, lower motivation, less pleasure, difficulty concentrating
Serotonin	Supports mood stability, emotional resilience, and sleep	Tearfulness, less sleep, irritability, emotional dysregulation, and emotional sensitivity

[\[1\]](https://menopause.org/patient-education/menonotes) *The Menopause Society. (n.d.). MenoNotes patient education resources. Retrieved September 7, 2026, from https://menopause.org/patient-education/menonotes*

Disclaimer: Coaching is not therapy, medical advice, or a healthcare service. Coaching does not diagnose, treat, or prevent any mental health or medical condition. Coaching is a collaborative process focused on your present circumstances, future goals, practical action steps, and personal growth. It is not a substitute for therapy, medical care, or mental health treatment. Coaching does not diagnose or treat mental health conditions, trauma, or emotional distress.

Contact: info@thehagsguide.com