

WELCOME! WE'RE GLAD YOU'RE HERE.

Handling WHAT'S TRYING TO HANDLE ME!

HORMONES, MENTAL HEALTH
& WHOLE-PERSON WELLNESS



BODY



MIND



HEART



RELATIONSHIPS



SPIRIT

A WHOLE-PERSON APPROACH TO HEALING AND THRIVING

You are not alone.
You are not too much.
You matter. Your wellness matters.



“
I pray that you
may enjoy good health
and that all may go well
with you, even as
your soul is getting
along well.

— 3 JOHN 1:2

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Real Help.
Real Hope.
Real Healing.

BEFORE WE BEGIN...

You Are NOT ALONE.

Some people have suffered silently for years...
thinking they were losing themselves...
when their body was changing underneath them.

Mental health is not always *"just mental."*



YOU ARE
Seen.



YOU ARE
Valued.



YOU ARE
Supported.



YOU ARE
Loved.



YOU ARE ON A
Journey.



This is a conversation about *awareness, understanding,*
and *whole-person wellness.*



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“

*Beloved, I pray that
you may prosper in
all things and be in
health, just as your
soul prospers.*



3 JOHN 1:2

SECTION 2

HORMONES & THE BRAIN

I'm Not Crazy

Hormones are chemical messengers that affect **FAR MORE** than reproduction.

HORMONES AFFECT:

- | | |
|--|---|
|  Sleep |  Focus |
|  Mood |  Memory |
|  Motivation |  Libido |
|  Stress Tolerance |  Energy |
|  Emotional Regulation |  Cognition |

HORMONES COMMUNICATE DIRECTLY WITH THE BRAIN

They influence:

- **Serotonin** (*feel good*)
- **Dopamine**
- **Norepinephrine**
- **Stress Response Systems**

Hormones don't just affect fertility... they affect functionality.



WHEN HORMONES SHIFT OR DECLINE, people often experience:



EMOTIONAL CHANGES

Irritability, mood swings



COGNITIVE CHANGES

Brain fog, word retrieval, memory



PHYSICAL CHANGES

Fatigue, strength loss, body changes



RELATIONAL CHANGES

Withdrawal, disconnection, intimacy struggles

These changes can happen all at the same time.

Sometimes what's trying to handle you... *is happening inside your body.*

BIOLOGICAL. PSYCHOLOGICAL. RELATIONAL. EMOTIONAL. SPIRITUAL.



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SECTION 3

WHEN THE SYMPTOMS START TALKING

My Struggle Is Real

Symptoms are often treated separately...
instead of being connected together.

SOMEONE GETS:

-  Sleep medication
-  Anxiety medication
-  Antidepressants
-  Weight loss advice
-  Marriage counseling



...but nobody steps
back and asks:
“**Could these
symptoms be
connected?**”



THE BIG PICTURE: When hormones shift, it can affect
your body, your mind, and your relationships—
all at the same time.

— Awareness is the first step toward healing. —



WOMEN MAY EXPERIENCE:

-  Hot flashes
-  Insomnia
-  Anxiety
-  Mood changes
-  Brain fog
-  Irritability
-  Vaginal dryness
-  Painful intimacy
-  Recurrent UTIs
-  Joint pain
-  Low libido



MEN MAY EXPERIENCE:

-  Low motivation
-  Fatigue
-  Irritability
-  Decreased strength
-  Increased belly fat
-  Low libido
-  Brain fog

“

Nothing may be
wrong with your
character...

*something may be
happening in your
chemistry.*



You are
not alone.
You are not
imagining it.
You are
not crazy.



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SECTION 4






THE MENTAL HEALTH & RELATIONSHIP CONNECTION

Biology Speaks. Relationships Feel.

Biological changes often become emotional misunderstandings.

When the body changes, relationships can be the first place the impact is felt.

THE IMPACT

-  Sleep disruption affects patience.
-  Brain fog affects communication.
-  Anxiety affects emotional regulation.
-  Pain affects intimacy.
-  Exhaustion affects connection.

What looks like distance may actually be **depletion**. What looks like irritation may actually be **overwhelm**.

TWO PEOPLE. TWO INNER WORLDS.



ONE PARTNER THINKS:

- “You don’t want me”
- “You’re not interested”
- “You don’t care”
- “You’ve changed”



THE OTHER IS SILENTLY THINKING:

- “I don’t even feel like myself”
- “I’m exhausted”
- “I’m struggling to function”
- “I need help”



When we don’t understand what’s happening in the body, we misinterpret what’s happening in the relationship.

“
What feels like rejection...
may actually be regulation.” 

How many marriages... how many families... how many relationships... have suffered because nobody understood what was happening?



Love doesn’t disappear when hormones shift.

Understanding can bring it back.

Grace, communication, and compassion are essential during this season.



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SECTION 5

THE POWER OF SILENCE

Silence Turns Symptoms Into Suffering.

Many people suffer longer not because help isn't available...
but because no one talks about it.

REASONS PEOPLE STAY SILENT:

-  They think it's "just stress."
-  They don't want to be misunderstood.
-  They're afraid of being judged.
-  They've been told, "It's all in your head."
-  They don't know that hormones can affect mental health.

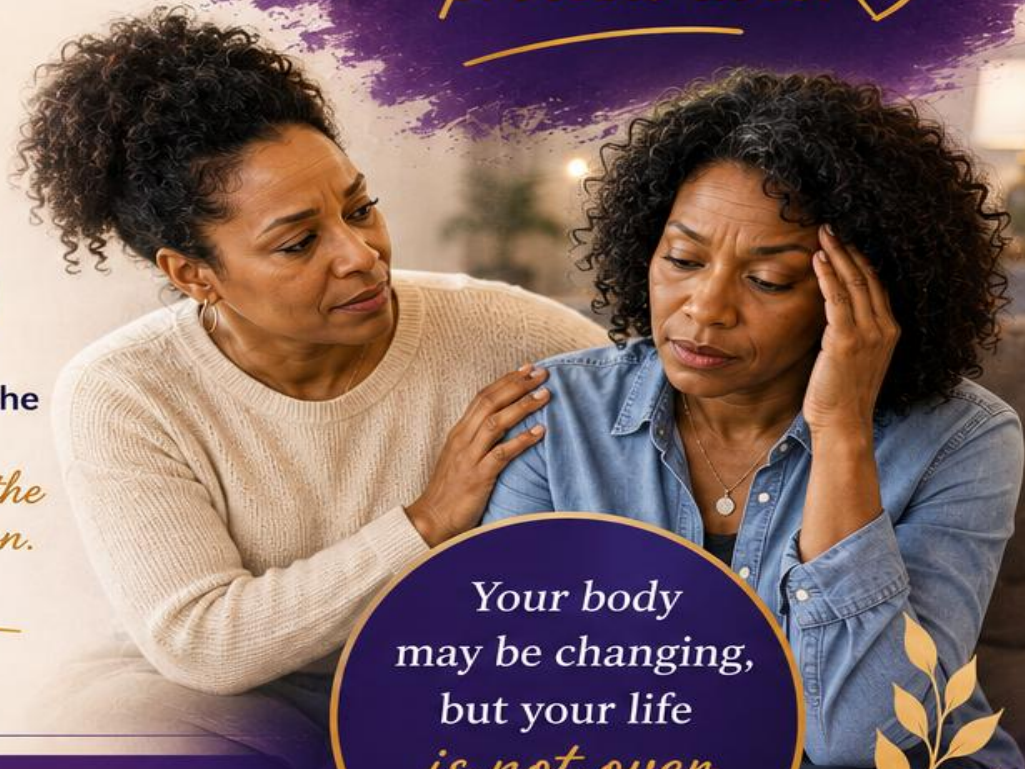


THE COST OF SILENCE:

-  Longer suffering
-  Worsening mental health
-  Strained relationships
-  Decreased performance at work
-  Loss of joy and connection
-  Feeling alone in your struggle



Let's break the
silence.
*Let's start the
conversation.*



*“ Silence protects
symptoms.
Speaking
protects lives. ”* 

*Your body
may be changing,
but your life
is not over.*



SPEAKING IS NOT WEAKNESS. IT'S WISDOM.

- Tell your partner.
- Talk to a trusted friend.
- Speak with your doctor.
- Seek a therapist.
- Get information.
- Ask questions.



The conversation
could be the
beginning of healing.

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Where there is no guidance,
a people falls, but in an abundance
of counselors there is safety.

PROVERBS 11:14

SECTION 6

FINDING HOPE & TAKING YOUR NEXT FAITH-FILLED STEP

Empowered. Informed. Supported. You Are Not Alone.

Healing happens when we stop suffering in silence and start seeking support with wisdom and faith.

HOPE IS POSSIBLE WHEN YOU...

-  Understand what's happening in your body.
-  Address what's happening in your mind.
-  Strengthen what's happening in your relationships.
-  Stay connected to what's happening in your spirit.
-  Take intentional steps toward whole-person wellness.

ACTION STEPS YOU CAN TAKE TODAY:

-  Talk to a knowledgeable healthcare provider.
-  Be open and honest about your symptoms.
-  Ask questions. Get answers. Seek clarity.
-  Build a support system you can trust.
-  Nourish your body, mind, and spirit daily.
-  Give yourself grace as you heal.

YOU ARE MORE THAN:

-  Your hormones
 -  Your age
 -  Your symptoms
 -  Your diagnosis
 -  Your past
-  **YOU ARE GOD'S CHILD. YOU ARE WORTH HEALING.**



FAITH AND MEDICINE ARE NOT ENEMIES. THEY ARE PARTNERS.

God cares about your body. God cares about your mind. God cares about your relationships. And God cares about your healing.

Let's walk in wisdom, walk in faith, and walk in wellness—together.



“*Hope* is not ignoring what you're feeling. Hope is choosing to believe things *can get better* with the right support and the right plan.”



You don't have to figure it out alone. You just have to be willing to take the *next right step.*



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He heals the brokenhearted and binds up their wounds.

— PSALM 147:3

WHOLE-PERSON WELLNESS THE BIBLICAL & CLINICAL WAY

Your Body. Your Mind. Your Relationships. Your Spirit.

Healing is not about doing one thing. It's about embracing the whole you—body, mind, relationships, and spirit.

A BIBLICAL FOUNDATION

God cares about the entire you.



Your body is His temple.
1 Corinthians 6:19-20



Your mind is renewed.
Romans 12:2



Your relationships reflect His love.
Ecclesiastes 4:9-10



Your spirit is nurtured through prayer and His Word.
John 4:24

You are fearfully and wonderfully made.

— PSALM 139:14

A CLINICAL PERSPECTIVE

Whole-person wellness includes:



Physical care – nutrition, movement, sleep, medical support



Mental care – counseling, stress management, education



Relational care – healthy boundaries, communication, connection



Spiritual care – prayer, worship, Scripture, purpose



True healing happens when all areas of your life

work together, not against each other.

A PRACTICAL REMINDER

You don't have to have it all figured out today.



You just have to be:

- ✓ Open to understanding
- ✓ Willing to ask questions
- ✓ Faithful to take small steps
- ✓ Committed to your healing
- ✓ Led by the Holy Spirit



Wholeness is a journey, not a destination.

“For I will restore health to you, and your wounds I will heal, declares the Lord.”



— JEREMIAH 30:17

Whole-person wellness is not selfish—it's stewardship.



INVITATION TO WHOLENESS: God designed you to thrive, not just survive. You are worthy of healing. You are worthy of wholeness.

Let's commit to whole-person wellness—together.



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— 3 JOHN 1:2

HEALING IS POSSIBLE & YOU DON'T HAVE TO DO IT ALONE

Support. Solutions. Strength. Restoration.

Healing is not a quick fix. But with the right support, the right care, and the right knowledge, you can experience *real change*.






“The Lord is close to the brokenhearted and saves those who are crushed in spirit.

— PSALM 34:18

YOU DON'T HAVE TO:

-  Figure it out alone.
-  Suffer in silence.
-  Push through when your body is asking for help.
-  Settle for surviving when you were created to thrive.

WHAT CAN HELP:

-  Education – understanding what's really happening in your body and mind.
-  Medical support – working with informed, caring health professionals.
-  Therapeutic support – counseling, tools, and strategies for mental and emotional wellness.
-  Community support – safe people who walk with you.
-  Faith support – God's Word, prayer, and the Holy Spirit's strength.

YOU CAN EXPECT:

-  More energy and better sleep
-  Improved mood and emotional balance
-  Clearer thinking and better focus
-  Stronger relationships and communication
-  A renewed sense of purpose and peace



You are not too much.
You are not too late.
You are not alone.

HEALING IS A JOURNEY—AND YOU ARE WORTH IT.

God is not finished with you. Your story is not over.

Restoration is not only possible—it's promised.

Today can be the beginning of your breakthrough.

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— PSALM 147:3

Thank You!

LET'S CONTINUE THE CONVERSATION.

Q & A

*Your Questions Matter.
Your Wellness Matters.*



ASK FREELY

There are no wrong questions. Let's create a safe and respectful space.



LISTEN OPENLY

We value every question and everyone's perspective.



RESPECT OTHERS

One mic. One voice. One conversation. We're all in this together.



GROW TOGETHER

Our goal is clarity, understanding, and real-life support.

“ Plans fail for lack of counsel, but with many advisers they succeed.

— PROVERBS 15:22



Still have questions?

Please feel free to reach out after the session.

WE'RE HERE TO SUPPORT YOU.



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THANK YOU FOR JOINING US!



You Matter. YOUR WELLNESS MATTERS.

Thank you for showing up, being open, and taking a step toward **understanding, healing, and whole-person wellness.**

REMEMBER:



Your body is speaking. Listen with compassion.



Your mind needs support not shame.



You are not alone in this journey.



Care is not selfish—it's stewardship.



God cares about your wholeness.

Your body may be changing...but your purpose, your value, and your life are not over.



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KEEP LEARNING. KEEP ASKING. KEEP TAKING CARE OF YOU. ♥ MAY GOD BLESS YOU AND KEEP YOU IN PERFECT PEACE. — ISAIAH 26:3