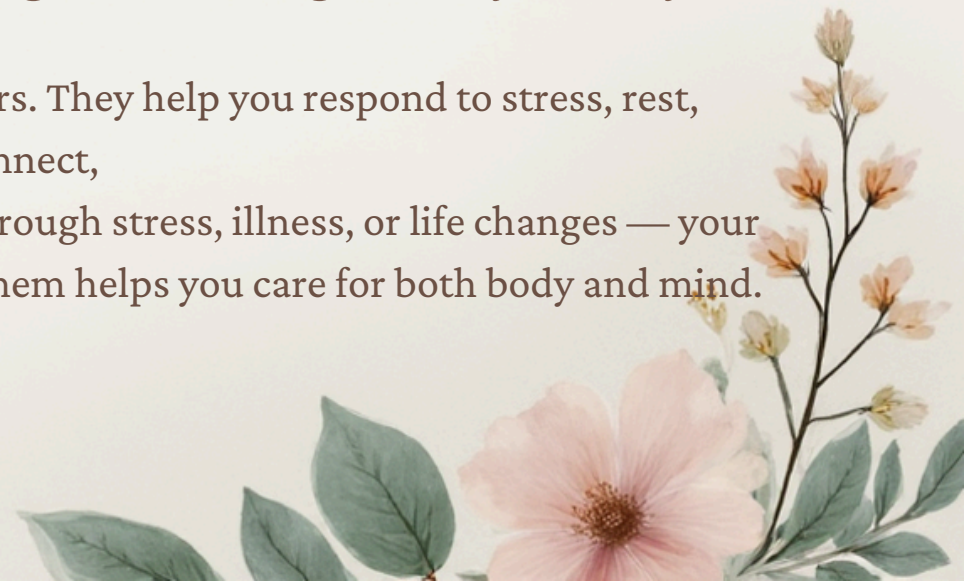




HORMONES & MENTAL HEALTH

Fruitful Purpose Counselling — where growth feels safe

Hormones are your body's messengers. They help you respond to stress, rest, connect, and feel balanced. When they shift — through stress, illness, or life changes — your emotions can shift too. Understanding them helps you care for both body and mind.



The top corners of the slide are decorated with delicate watercolor-style illustrations of pink and peach flowers with green leaves and small buds. The background is a soft, light beige gradient.

Stress Hormones

Cortisol & Adrenaline

Help you cope with challenges.

Too high for too long → anxiety, tension, burnout.

Gentle rest and grounding help rebalance.

The bottom corners of the slide are decorated with similar watercolor-style floral illustrations as the top corners, featuring pink and peach flowers and green foliage.



Mood Hormones

Serotonin & Dopamine

Support calm, motivation, and joy.

Low levels → sadness, worry, low energy.

Movement, sunlight, and connection help restore flow.



The top corners of the page are decorated with delicate floral illustrations. On the left, a large pink flower with a dark center and green leaves is shown. On the right, a smaller pink flower is accompanied by a branch of tiny yellow and orange blossoms.

Reproductive Hormones

Estrogen, Progesterone, Testosterone, Oxytocin

Influence mood, sleep, and emotional safety.

Fluctuations can bring irritability or fatigue.

Kindness toward your body supports steadiness.

The bottom corners of the page are also decorated with floral illustrations. On the left, a pink flower with green leaves is shown. On the right, a pink flower is accompanied by a branch of tiny yellow and orange blossoms.

The top corners of the page are decorated with delicate watercolor-style illustrations of pink flowers and green leaves. The top-left corner features a large, prominent pink flower with a dark brown center and several green leaves. The top-right corner shows a smaller pink flower with a dark brown center, surrounded by smaller, lighter pink buds and green leaves.

Sleep & Energy Hormones

Melatonin, T3, T4

Regulate sleep and energy.

Imbalance may feel like fog, restlessness, or low mood.

Gentle routines help your body find rhythm again.

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The top corners of the page are decorated with delicate floral illustrations. On the left, a large, soft pink flower with a dark brown center is accompanied by several green leaves and a branch of smaller, light-colored buds. On the right, a similar pink flower is shown, also with green leaves and a branch of buds.

Metabolic Hormones

Insulin, Leptin, Ghrelin

Affect hunger, energy, and mood stability.

Balanced nourishment supports emotional steadiness.

The bottom corners of the page are also decorated with floral illustrations. On the left, a pink flower with green leaves and buds is shown. On the right, a pink flower is accompanied by green leaves and a branch of buds, mirroring the design in the top right corner.

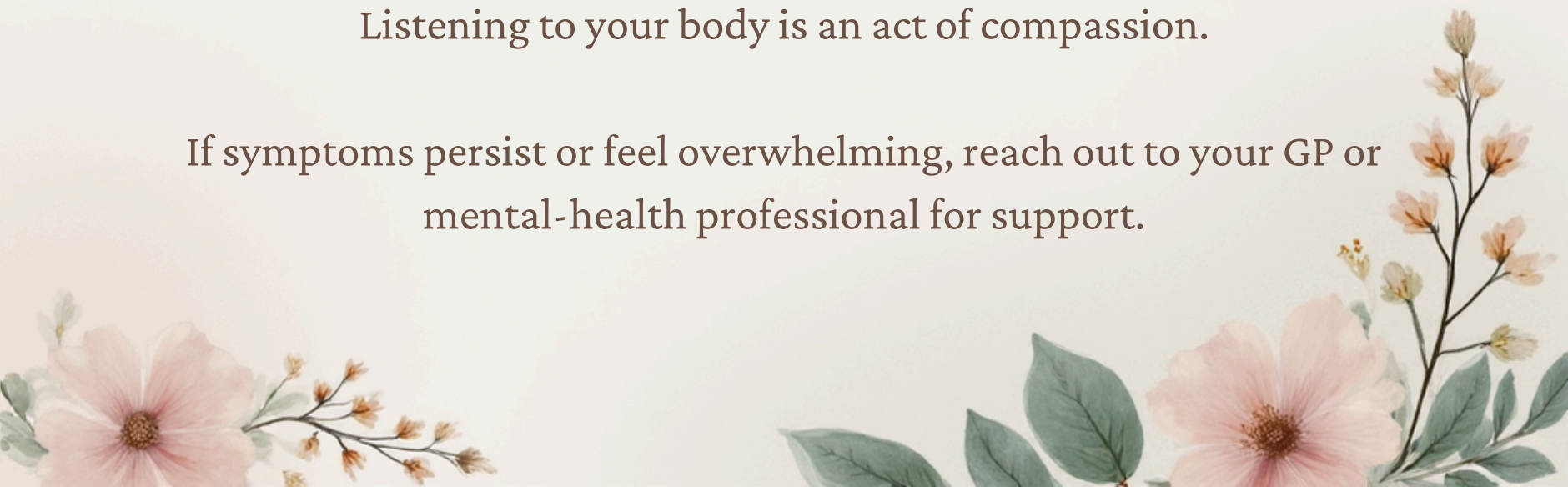
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Remember

Your hormones don't define you — they simply guide how your body responds.

Listening to your body is an act of compassion.

If symptoms persist or feel overwhelming, reach out to your GP or mental-health professional for support.

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