

There May Be More to This Than Hormones Alone

Understanding the Overlap Between ADHD and Menopause in Midlife Women

Many women reach midlife feeling more overwhelmed, forgetful, mentally scattered, or emotionally depleted and assume they simply have to push through it. While hormonal changes can absolutely affect daily functioning, they may also bring greater attention to patterns that have been present for years without ever being fully understood.

For some women, this is the first time the struggle becomes impossible to ignore. What looks like stress, mental fatigue, or inconsistency may reflect an underlying pattern that deserves a closer look. The good news is that there may be a way to better understand what is contributing to these difficulties so you can move forward with greater clarity and direction.

Taking a Closer Look Can Bring a Different Kind of Understanding

It means creating space to better understand the patterns behind what you have been experiencing. For some women, that may reveal long-standing attention, memory, overload, or follow-through difficulties that were never clearly recognized earlier in life. For others, it may simply provide language and direction for struggles that have felt confusing for far too long.

Sometimes the deeper challenge is not a lack of effort or motivation, but the way the brain is taking in and managing information. When underlying auditory or visual patterns have gone unrecognized for years, they can affect attention, memory, follow-through, organization, and the ability to stay steady under daily demands. For some women, this may help explain why life has often felt harder than it looked from the outside.

Sometimes the most important first step is realizing that there may be a reason things have felt harder than they should, and that those struggles may be pointing to something real, identifiable, and worth understanding.

This Is Where Answers Begin

The assessment process I have developed is designed to help uncover patterns that may be affecting focus, memory, mental clarity, overwhelm, and day-to-day functioning. Rather than assuming these struggles are simply something you have to live with, the goal is to look more carefully at what may be contributing to them so that the next steps are based on understanding, not guesswork.

For many women, that alone can be a turning point. It can shift the experience from self-doubt and frustration to greater insight, direction, and hope.

You do not have to keep wondering if this is just something you should be able to handle better on your own. If these patterns feel familiar, there may be a deeper explanation.

Dr. Connie McReynolds, Ph.D., Licensed Psychologist, CRC, CVE

Morningstar Educational and Psychological Services, Inc.

909-435-7189

Clarity Essentials® | clarityessential.com | conniemcreynolds.com

Hope Beyond the Diagnosis