

# Women's



## EMOTIONAL HEALTH:

### Did You Know?

Mental health conditions & related symptoms can affect **women & men differently?**

DEPRESSION *Anxiety*  
POSTPARTUM  
*Depression*

WOMEN ARE  
**2X MORE**  
LIKELY TO  
ATTEMPT  
**SUICIDE**

**EATING DISORDERS, ANOREXIA & BULIMIA ARE 3X MORE LIKELY IN WOMEN**

WOMEN ARE  
**2X MORE**  
LIKELY TO  
DEVELOP  
**DEPRESSION & ANXIETY**

WOMEN ARE  
**2X MORE**  
LIKELY TO  
EXPERIENCE  
**PTSD**  
FOLLOWING  
A TRAUMATIC  
EVENT

**1 IN 3**  
WOMEN HAVE  
EXPERIENCED  
**PHYSICAL VIOLENCE**  
BY  
AN INTIMATE  
PARTNER

**ULLIANCE**  
*Can*  
**HELP!**

## How can being Female Impact Your Emotional Health?

01

### Biological Influences:

- Mood boosting **serotonin can be lower in women** because it's absorbed faster, leading to more mood fluctuations.
- Females are more likely to experience **physical symptoms** in connection with their mental health including fatigue, a loss of appetite, headaches, restlessness, & nausea.
- **Normal hormonal fluctuations** experienced during menstruation, pregnancy, post-partum, & menopause can increase the likelihood of emotional health disturbances.

02

### Socio-Cultural Influences:

- **Self-Stigma** - A woman's self image is more likely to be formed by how others perceive them, leading to "self stigma" and a reduced likelihood of seeking out proper mental health care.
- **Full-time working mothers juggle caregiving** for kids and & elderly family members.
- Women are more likely to have their **self-esteem impacted** by their outward appearance.
- Despite strides, women still face challenges surrounding **socio-economic power**, status, position, & dependence, which can contribute to depression.

03

### Modern Pressures & Social Media Influences:

- Frequent use of **social media** is associated with decreased personal connections and increased isolation, loneliness, anxiety and depression.
- **Cyberbullying** is common amongst teen girls and young women.
- Women are **more likely to compare themselves** to other women with perfect looking lives and physical appearances on social media.

Common emotional health challenges for women across the lifespan can be addressed & improved by connecting with your **LifeAdvisor EAP**. Call us for free, confidential counseling, coaching & education, or for resources in your area.

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