

Women's



EMOTIONAL HEALTH:

Did You Know?

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

DEPRESSION

Anxiety

POSTPARTUM

Depression

HOW ULLIANCE CAN HELP

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.



FAST FACTS:

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

EATING DISORDERS, SUCH AS ANOREXIA AND 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 SOME FORM OF PHYSICAL VIOLENCE BY AN INTIMATE PARTNER



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 mood fluctuations.
- Females are more likely to experience **physical symptoms in connection with their mental health** including fatigue, a loss of appetite, headaches, restlessness, and nausea.
- **Normal hormonal fluctuations** experienced during menstruation, pregnancy, post-partum, and menopause can increase the likelihood of emotional health disturbances.

02

Socio-Cultural Influences:

- Women may be less likely than men to seek treatment for their emotional health. This is due to **"self-stigma"** stemming from the increased likelihood that a women's self-image is formed by how others perceive them.
- Working mothers **shoulder the weight of caregiving responsibilities** for both children & elderly family members, despite being employed full-time.
- Women are more likely to have their **self-esteem** impacted by their outward appearance.
- Despite strides, women still face challenges when it comes to **socio-economic power**, status, position, & dependence, which can contribute to depression.

03

Modern Pressures and 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 & young women.
- Women are more likely to compare themselves to other women with perfect looking lives & physical appearances on social media.