

News Letter

‘Be with those who help your being.’ - Rumi

Redefining Women’s Health: Midlife as a Time of Transformation

When we talk about women’s health, the conversation often centres on pregnancy, fertility, and birthing. While those are important and formative experiences, women’s health doesn’t end when fertility does. In fact, many women tell us that midlife, with all its changes and contradictions, is when they begin to understand themselves most deeply.

For some, perimenopause arrives quietly; for others, it bursts in unannounced, bringing disrupted sleep, fluctuating moods, and a sense that something indefinable has shifted. **“I just don’t feel like myself anymore,”** is a phrase we hear often in therapy. These changes have biological roots, such as the natural adjustment and fluctuation of hormones, but their emotional impact is shaped by the broader context of women’s lives.

At this stage, many women are navigating multiple responsibilities: supporting ageing parents, guiding teenagers or young adults, and managing demanding careers and relationships. Simultaneously, they are managing their own health behaviour and, potentially, navigating their own health challenges. While these pressures can sometimes feel overwhelming, they also highlight the extraordinary **resilience and resourcefulness** women carry with them. This period of life, though filled with change, can be a time of profound growth, self-discovery, and renewed purpose. Therapy offers a supportive, non-judgmental space to share and navigate changes and challenges, find ways to persevere, or move forward in a new direction. In therapy, one might also learn to reconnect with that inner strength, to

embrace the opportunities within transition, and to explore how this chapter can be one of empowerment and meaningful transformation.

During the therapeutic process, we explore not just symptoms but meaning. What does this transition represent? What might it be asking of us? For some women, it’s about slowing down and listening to their bodies. For others, it’s about rediscovering their voice, setting new boundaries, pursuing long-postponed goals, or simply finding space for themselves again. When therapy integrates an understanding of hormonal and social change, it validates women’s experiences rather than pathologising them. It says: **you’re not losing yourself; you’re evolving.**

The reason a woman seeks support may not appear related to perimenopause or menopause at all. She might come to therapy because she feels anxious, depleted, or overwhelmed by the demands of work and family life. Yet when we take time to explore her story in its full context, perimenopause might emerge as a quiet but powerful thread shaping her emotional world. At Rest in Essence, we understand that wellbeing cannot be separated from life stage, identity, and relationships. Our work goes beyond alleviating symptoms to understanding the whole experience. By integrating psychological insight with an appreciation of lived experience, we help women make sense of change and reconnect with themselves in meaningful, lasting ways.

Menopause is not an ending, but a transformation. This phase presents health and broader challenges and is also a time of renewal and redefinition. For many women, it brings clarity and a readiness to live life on their own terms. It is our privilege to walk alongside women during this transition, offering a space for reflection, self-understanding, and growth.

Services we offer

- Psychological intervention for children, adolescents and adults
- Child and adolescent psychiatry
- Family therapy and couples counselling
- Comprehensive psychological assessments, including ADHD, Autism and Learning Disorders
- Mental Health Treatment Plans, Eating Disorder Plans and DVA
- Workers Compensation and CTP
- Disability, NDIS and Victim of Crimes support
- Employee Assistance Program (EAP)

We’d love to hear from you

The purpose of this newsletter is to keep you informed about topics relevant to your practice and support your work in providing quality care to your patients. We value your input. If you have feedback or suggestions for topics you would like us to cover, please get in touch with us.



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