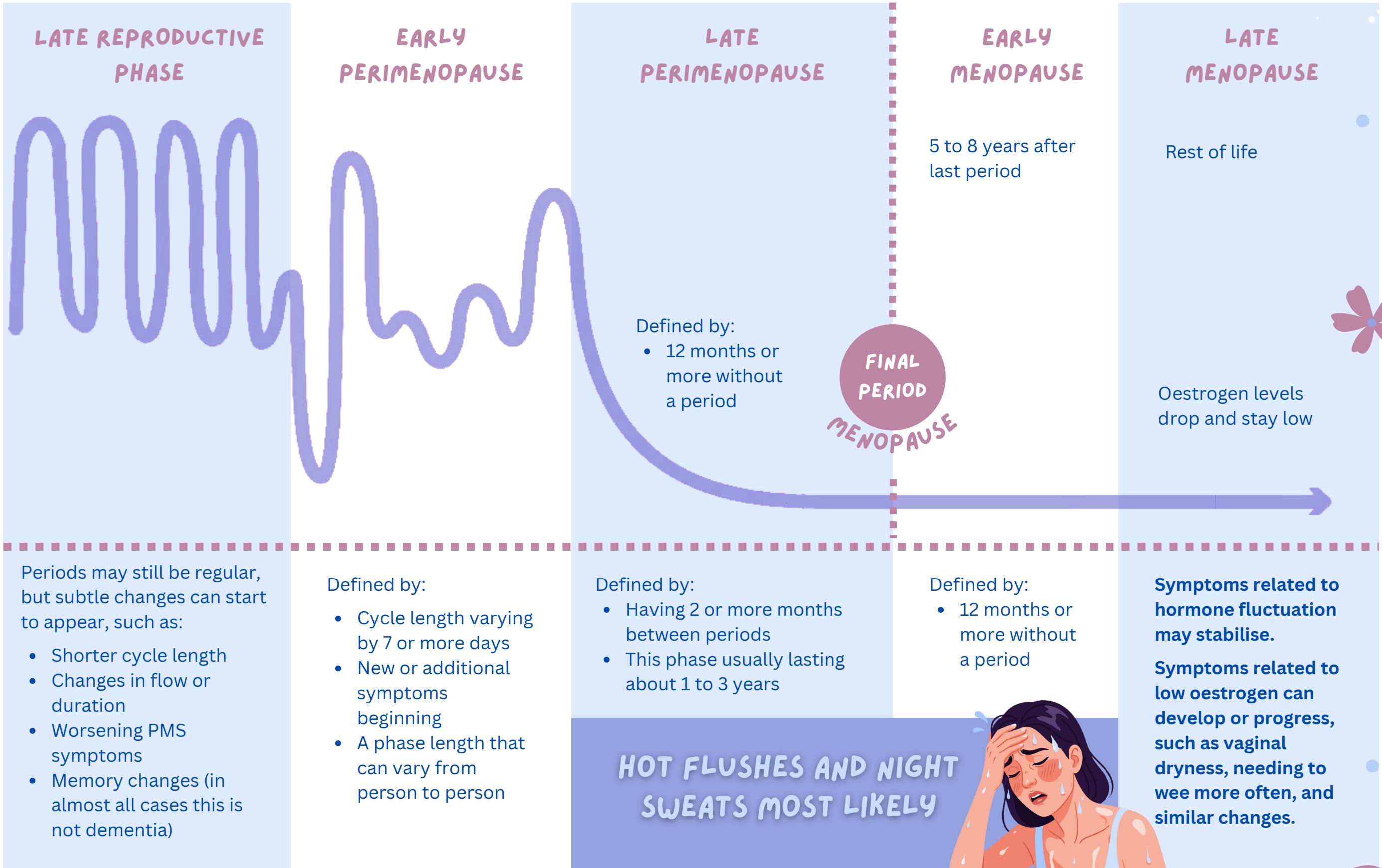


MENOPAUSE MAP: WHERE AM I?



WWW.PAPERFLOWERINSTITUTE.COM



HOW HORMONE PHASES AFFECT ADHD SYMPTOMS



EARLY FOLLICULAR (LOW ESTROGEN, LOW PROGESTERONE)



- MORE FATIGUE
- LOWER DOPAMINE DRIVE
- MOOD DIPS

LATE FOLLICULAR (ESTROGEN RISING)



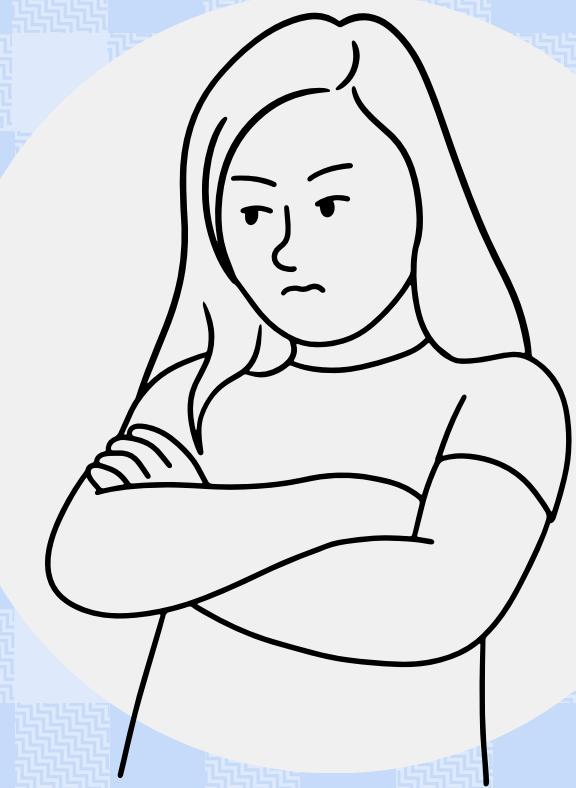
- IMPROVED FOCUS
- BETTER VERBAL FLUENCY
- HIGHER ENERGY

OVULATION (ESTROGEN PEAK)



- BEST WORKING MEMORY
- MOTIVATION SURGE
- "I COULD RUN A SMALL COUNTRY TODAY" ENERGY

LUTEAL PHASE (PROGESTERONE HIGH, ESTROGEN DROPPING)



- MORE DISTRACTIBILITY
- EMOTIONAL REACTIVITY INCREASES
- STIMULANTS MAY FEEL WEAKER
- PMS/PMDD WORSENING FOR SOME

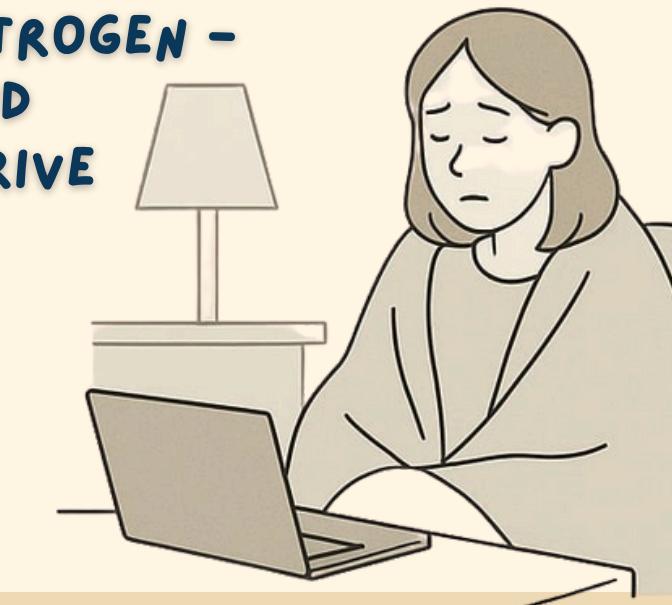


PAPER
FLOWER
PSYCHIATRY

ADHD LIVED EXPERIENCE: PHASES OF THE MONTH



- LOW ESTROGEN -
FATIGUE AND
REDUCED DRIVE



- PEAK ESTROGEN
- PEAK COGNITIVE
FUNCTION



- RISING ESTROGEN -
HIGHER FOCUS

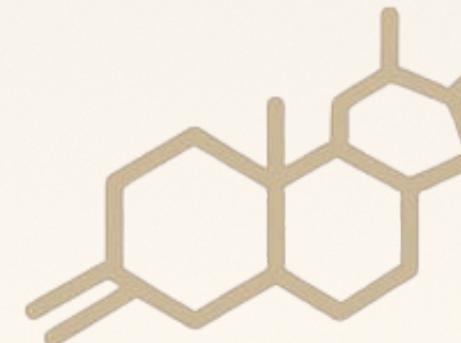


- DROPPING ESTROGEN
- HIGH PROGESTERONE
- EMOTIONAL
SENSITIVITY
AND BRAIN FOG



HORMONES AND NEUROTRANSMITTERS

WHAT IS THE RELATIONSHIP?



PROGESTERONE

- Increases GABA A receptor activation
- Decreases glutamate activity
- Can blunt dopamine-driven cognition



ESTROGEN

- Increases dopamine activity
- Increases serotonin receptor density
- Supports cognitive performance (evidence from studies)

