

Why are women anxious?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=35NHCKCCZD8](https://www.youtube.com/watch?v=35NHCKCCZD8)
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SUMMARY

Anxiety and depression are more prevalent in women than in men due to increased psychosocial stressors and hormonal influences. Women face greater societal pressures while hormonal fluctuations significantly affect brain chemistry, impacting emotional well-being.

- *Women juggle more responsibilities, leading to higher stress levels.*
- *Hormones play a crucial role in emotional regulation and brain response.*
- *Estrogen and serotonin levels are positively correlated; higher estrogen leads to higher serotonin.*
- *Progesterone fluctuations affect GABA levels, influencing feelings of calmness and security.*
- *Hormonal changes are essential for maternal instincts and child-rearing capabilities.*
- *The interplay between hormones and neurotransmitters is vital for understanding women's mental health.*

Anxiety and depression are definitely higher among women than among men. There are a couple of reasons for this. One of it is that in our society we have created a lot more psychosocial stress for women. So women are juggling a whole lot more things than they used to and that's one of the reasons. But another one of the reasons are those magical things called hormones that do impact the brain. They are not inert substances that just sit around there doing nothing. They are involved in how the brain responds to the environment. Why?

Because they have to be involved in that. If you're going to be having a child and you're going to be bringing that child up, your body has to respond and your brain have to respond to be able to look after that next generation. And the hormones prompt that. So just as a very brief explanation in relation to hormones and neurotransmitters, estrogen is working with serotonin throughout the female reproductive cycle. When estrogen is high, serotonin is high. The same for progesterone. As progesterone fluctuates, GABA fluctuates. Gamma aminobutyric acid which is related to us feeling calm and and secure and and at peace.