Rescripted.

The Mind-Body Connection in Women's Health

Insights and Real Talk Across Every Stage of Life

In partnership with

betterhelp



Introduction

Let’s face it: being a woman means your body is always changing — and that can mess with your head, too. From puberty to pregnancy, periods to perimenopause, every shift in our bodies can affect our mental health. But here's the thing: most of us weren’t taught how closely the two are connected. And even fewer of us know where to turn when we need help, whether it’s a lack of resources, comfort, or barriers such as cost and insurance unknowns.

Rescripted and BetterHelp teamed up to explore how women’s physical and mental health can affect one another. We talked to hundreds of women, looked at real stories, and combined what we found with expert insights and research. Our goal? To make sure no one feels alone in what they’re going through — and to help women get the care they deserve.

We found that although women seek care for their physical health, many are struggling silently with issues like depression and anxiety. Our research showed that women who get support for both their physical and mental health feel better, stronger, and more in control.

This report shares what we learned — and why accessible, integrated care is the future of women’s health.

In April 2025, we conducted a comprehensive survey of women in the Rescripted community to gather both qualitative and quantitative insights. Participants responded to a mix of open- and closed-ended questions. The open-ended responses delivered meaningful insight and firsthand perspective, while the closed-ended questions provided clear, measurable data. For greater relevance, the quantitative findings featured in this edition reflect responses exclusively from our U.S.-based community.

- The survey was commissioned by BetterHelp, with respondents sourced by Rescripted, an independent women’s health publisher.

Section One

Balancing Act:

Hormones & Mental Health



Remember being a teenager and feeling like your emotions were all over the place? That wasn't just drama — it was biology.

During young adulthood, around 18-28, hormones like estrogen and progesterone continue to fluctuate like crazy. That can lead to mood swings, anxiety, and even depression.

And for some adult women, it's not just about feeling a little extra emotional. Some experience full-blown Premenstrual Syndrome (PMS), and in more severe cases, something called PMDD (premenstrual dysphoric disorder), which can bring on anxiety and depression symptoms that are no joke.

Why This Matters

When young women don't get support early on, those struggles can carry into older adulthood. That's why it's so important to have mental health check-ins during adolescence, just like we do physical check-ups.

We wanted to know more about how women's hormones affect their mental health, so we asked our Rescripted community and here's what we learned:

Rescripted Insight

When asked how hormonal changes (menstruation, pregnancy, perimenopause, etc.) affected the mental well-being of women aged 25-44:
64% reported increased mood swings
78% reported higher irritability
62% reported new onset anxiety



BetterHelp Key Finding

For Gen Z, therapy is trending – but trust isn't. While more vocal online, Gen Z reports higher levels of stigma than older generations, despite being the most likely to attend therapy.*

*BetterHelp 2025 State of Stigma | May 5, 2025

Pro Tips for Minding Your Mood

Talk openly about mood changes and mental health

Try journaling or mood tracking to spot patterns

Consider online therapy through platforms like BetterHelp, which offers flexible options for busy individuals



“I’m honestly pretty lost. When I try to bring up hormones to mental health or primary care doctors, I’m told (this has happened more than once), that I need more specialized care than they can provide. I really don’t think ‘being a woman’ makes someone an especially ‘high needs’ patient. So I guess my advice is, if someone is treating you like you are the problem when you seek help, leave. Find another doctor. You are not the problem. They are.”

Section Two

Mind-Body Plot Twist

How Mental Health Affects Physical Health

Mental health and physical health are deeply connected — especially when it comes to your menstrual cycle. If you've ever felt like your brain and body are teaming up against you once a month, you're not imagining it. There's a real physiological link between what's going on in your mind and what's happening in your body.



Yes, mood swings and irritability around your period are common, but it's not just about emotions. Anxiety, stress, and low mood can actually amplify physical symptoms like cramps, fatigue, headaches, and bloating. It's not all in your head — your mental state can literally change how your body feels.

From a young age, we're expected to see a doctor annually for routine or wellness check up's, and sometimes squeeze in an appointment if we're sick. Maintaining physical health this way may be the norm, but our research found that only 16% of women say they prioritize physical health over mental health – that's just what we're conditioned to more regularly treat. We asked women about how their mental health, often overlooked in the healthcare world, affects their physical health – and the responses underscore a crisis in traditional women's healthcare we can't ignore:

Rescripted Insight



90% feel their physical health affects their mental health on a daily, weekly or monthly basis

78% say their mental health is suffering because of physical challenges

88% feel their overall health would improve if they had easy and affordable access to quality mental health care.

Journaling & Progress Tracking Reimagined

The BetterHelp journal and progress tracking features allow clients to bring clinical attention to important aspects of their lives without relying solely on session time. Clients can write and share journal entries directly with their therapist, or update their progress toward their goals & habits in real time.



Barriers to Care We Heard About:

- Doctors not believing or minimizing symptoms
- High cost of mental health care
- Not knowing where to go for support

Helpful Resources

- Worksheets
- Goal & habit tracking
- Journal
- Support groups
- Classes
- BetterHelp therapy sessions tailored for hormonal and emotional support

"It's all about curiosity over judgment," says Melissa Hummelt, LPCC and Senior Clinical Operations Manager at BetterHelp. We explore what the body is trying to say. "When we connect the dots between life stressors and physical symptoms, it can be such a relief. It's not 'just stress' — it's the body's way of trying to cope. Validating that experience helps people feel empowered, not broken."

Section Three

TTC, Infertility, & Pregnancy:

The Grief No One Sees



Trying to get pregnant — and struggling with it — is one of the most emotional experiences many can face. Add in fertility treatments or pregnancy loss, and mental health often takes a back seat.

- People navigating infertility often feel as though their bodies have failed them — caught in a relentless cycle of hope, disappointment, and emotional whiplash with each passing month.
- Unlike other losses that often come with rituals, community support, and shared understanding, infertility is frequently a private struggle – with a lot of stigma still surrounding it.
- Shame, secrecy, and societal expectations around parenthood and identity, especially for women and couples, can make this experience even more isolating.

From the Community

"You're not alone. I know everyone says that, and it sounds cliche or something. But truly, don't give up until you find someone who is willing to listen and support you. That person is out there for everyone."

The Emotional Toll

Fertility challenges can cause deep feelings of grief, anxiety, and shame. Infertility also brings ongoing stressors, including invasive medical procedures, financial strain, relationship tension, and the emotional toll of treatment cycles.

These stressors can lead to symptoms of anxiety, depression, and even trauma. One of the most emotionally exhausting aspects is the persistence of hope.

Some common but overlooked signs include:

Emotional numbness or detachment
Rather than persistent sadness, a person may feel emotionally flat or disconnected from things they once cared about. This can be mistaken for "coping" or "moving on," when in reality it may signal emotional exhaustion or depressive withdrawal.

Increased irritability or anger
Feelings of frustration, resentment, or sudden emotional outbursts can be more socially acceptable than sadness, so they often go unrecognized as symptoms of depression.

Internalized shame or self-blame
Individuals may silently believe they are broken or not "good enough," even if they never voice these thoughts. This silent inner dialogue can erode self-worth over time.

What Helps?

Validation
Know that infertility grief is real–and valid.

Therapy
Fertility-informed therapists can help you process this unique kind of loss.

Community
Groups like Rescripted's online forums offer safe spaces to share and vent.

Resources We Love

- BetterHelp offers therapist tools that can help you along with your fertility experience.
- Reproductive endocrinologists and OB-GYNs are starting to recommend therapy as part of treatment plans—ask for it!

"There is a profound sense of disempowerment," explains Melissa Hummelt, LPCC and Senior Clinical Operations Manager at BetterHelp. "People navigating infertility often feel as though their bodies have failed them or that they are stuck in ongoing cycles of hope and disappointment."
She adds, "Unlike other forms of loss that are more publicly acknowledged – like a death or divorce – infertility is often an invisible grief. Shame, secrecy, and social expectations make it even harder to process."

Section Four

The Midlife Mind Shift

Hot flashes, sleep issues, mood swings — hello, perimenopause! It's like puberty in reverse: all the hormonal chaos, but with more responsibilities and fewer snacks. Between ages 35 and 55, estrogen levels start to fluctuate again, causing hot flashes, brain fog, insomnia, and big mood swings.

But many women say no one warned them about the emotional rollercoaster.

Survey Highlight

Women entering perimenopause found that the associated hormonal changes affected their mental health in these ways:

- **38%** report increased feelings of Depression
- **34%** report increased feelings of Anxiety
- **28%** report increased Irritability



From the Community

"As I age, I feel the pressure of needing to be in my 'prime' in all aspects of my life. This is when I am supposed to be at my peak 'hotness,' thriving in my career and starting a family all at the same time. It's a lot of pressure and not realistic. The advice I'd give is to look at yourself with admiration and give yourself grace. If you are hitting one of those goals, you are CRUSHING IT. Men don't have the same pressures as women, and you deserve to celebrate yourself in your present moment. Even the women you think are doing it all, look at someone else and think they are doing it better. Odds are, there's someone out there looking up to you."

Support Tools

Ask your doctor about hormone testing

Explore CBT (cognitive behavioral therapy) for anxiety.

Lifestyle tools like meditation, supplements, and regular movement help, too.

BetterHelp therapists often see women during this transition—and can help you feel seen.

How Therapy Works Together With Medical Treatment To Support Anxiety Triggered By Aging

It’s such a powerful combo. While medical treatment can help rebalance the physical side, therapy addresses the emotional and cognitive impact —I ike how we respond to anxiety, the thoughts that fuel it, and the shame or confusion it often brings. Build a plan that includes mindfulness, thought reframing, and self-compassion tools. You're not broken, you're just human — and therapy helps you feel more like you again.

Section Five

Breaking Barriers

Let’s Fix the System

We’ve talked about the personal. Now let’s zoom out. Women face real challenges when trying to get care, especially mental health care that understands the body-mind connection.

Access to Care

Rescripted Insight

The most significant barriers to accessing mental health care for women surveyed are the cost of care and the lack of providers. Insurance issues and cost are the next most common challenges.

Barriers Women Face

- High costs and lack of insurance
- Lack of doctors trained in hormone-related mental health
- Stigma around periods, infertility, and aging
- Disparities in access to care

Age-Related Insights

The major barriers to accessing care among all age groups surveyed were that the cost of services was too expensive or not covered.

25-34

1. The cost of care (services are too expensive, or not covered)
2. Hard to find the time (due to work, caregiving, etc.)
3. Insurance Issues (coverage confusion)
4. Lack of awareness and providers

35-44

1. Lack of providers (in geographic area)
2. Social stigma (fear of judgment or social disapproval)
3. Insurance issues (coverage confusion
4. The cost of care

What’s Working

- **Telehealth platforms like BetterHelp** remove geography from the equation.
- **Digital communities like Rescripted** offer free resources and a place to talk about real stuff.
- **Women-led health startups** are creating more inclusive, accessible services.



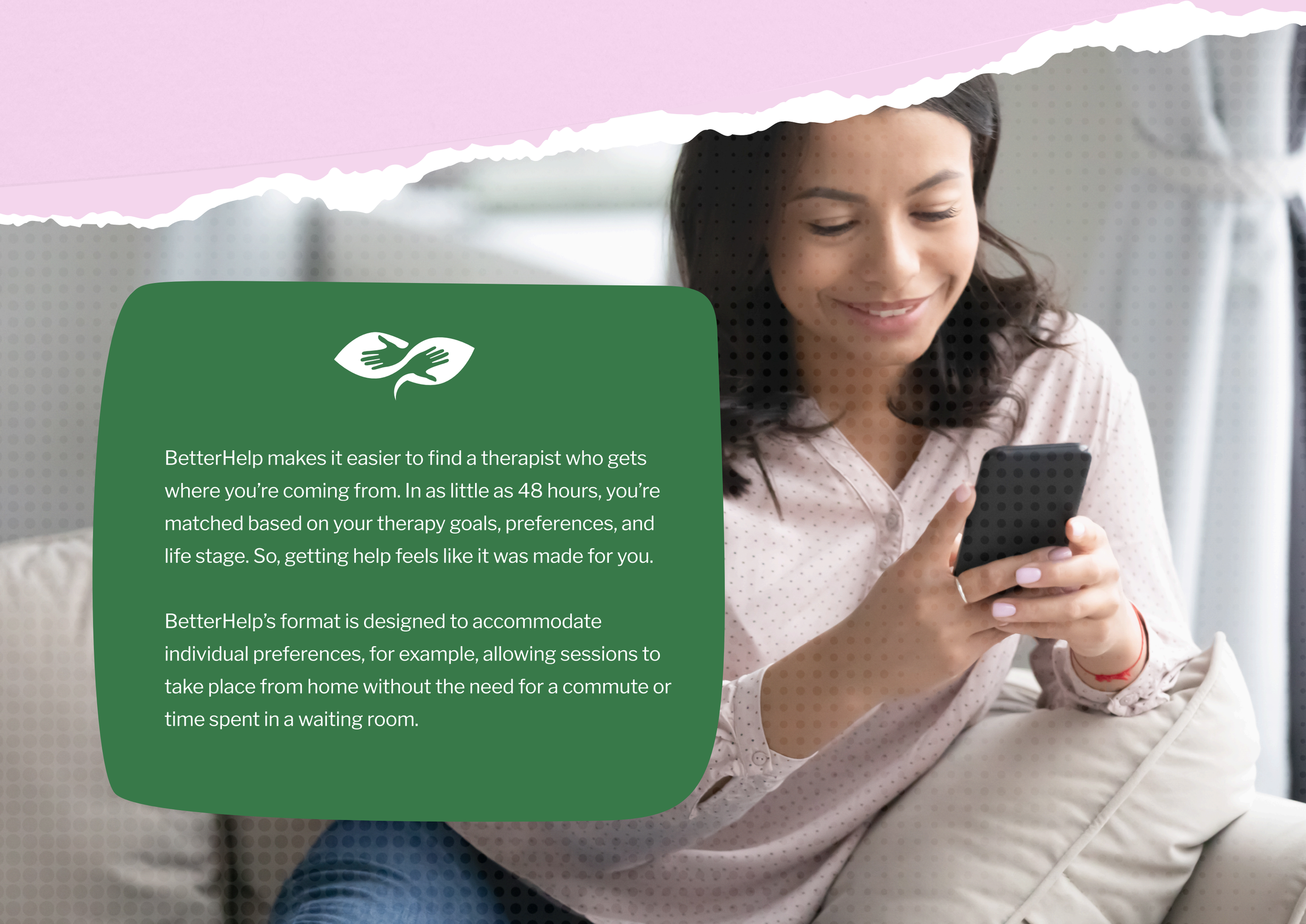
What You Can Do

Ask your providers if they offer integrated care.

Advocate for your needs – bring a list to appointments.

Share your story so others don’t feel alone.

Try online therapy if in-person isn’t working for you.



BetterHelp makes it easier to find a therapist who gets where you’re coming from. In as little as 48 hours, you’re matched based on your therapy goals, preferences, and life stage. So, getting help feels like it was made for you.

BetterHelp’s format is designed to accommodate individual preferences, for example, allowing sessions to take place from home without the need for a commute or time spent in a waiting room.

Conclusion

This report shares many insights on what many of us already feel in our gut: our physical and mental health are deeply connected, and both deserve real care. Here's what we've learned: You cannot separate the mind from the body, especially when it comes to women's health.

1 out of 6 women express a hormonal change that affects their mental well-being.

Although many women feel comfortable discussing their mental health with family, friends, and doctors, stigma still exists. . Notably, 38% of Gen Z indicates a desire for reduced stigma around seeking help.

66% of women reported difficulty finding time for therapy due to work, caregiving, and other responsibilities. However, 63% of parents with children under 18 believe seeking help is wise, even when there are no apparent issues.*

Whether it's the mood swings of early adulthood, the invisible pain of infertility, or the emotional shifts of perimenopause, women deserve care that treats the whole person. Not just symptoms. Not just stats. But real people, with real stories.

At both Rescripted and BetterHelp, we believe in changing that narrative. We believe in creating a world where women have access to mental health support that recognizes the unique challenges and nuances of every life stage.

Top Takeaways

- Hormones affect mental health in big ways — from puberty to menopause
- Emotional well-being is deeply tied to physical experiences like PMDD, infertility, and more
- Although most women believe they would benefit from mental health support, they report real barriers to getting help – but telehealth and access can bridge the gap
- When women are supported mentally and physically, their overall health thrives

Let's Keep the Conversation Going

Share this report with a friend. Bring it to your next doctor's appointment. Post about it online. The more we talk, the more we change the story — for ourselves and the next generation.