



Defining
Minds

PSYCHOLOGY & COUNSELLING
Redefining Futures

Psychologist

NSW Telehealth and Port Macquarie

EMDR & Sand Tray Therapy

by
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Defining Minds Psychology and Counselling

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The Power of Pause: Menopause & Mental Health (Ages 40–60)

How to Identify the Challenge

Menopause is a major life transition—one that not only affects the body but also deeply impacts mood, identity, and mental clarity. While society often focuses on physical symptoms like hot flushes or hormonal changes, the psychological effects are just as real and just as disruptive. If you're feeling unlike yourself—mentally foggy, emotionally flat, or on edge—it may be more than “just hormones.”

Common Symptoms or Signs

- Low mood, tearfulness, or a sense of sadness without clear cause
- Anxiety, restlessness, or increased irritability
- Brain fog, forgetfulness, or difficulty concentrating
- Low motivation or energy
- Sleep disturbances and fatigue
- Body image concerns or shame around aging
- Identity confusion—“Who am I now?” or “What’s next for me?”
- Emotional reactivity or sudden mood swings

Potential Impacts on Daily Life

These changes can affect relationships, careers, self-worth, and social life. Many women feel invisible, unsupported, or misunderstood during this time. When left unaddressed, the psychological impacts of menopause can lead to depression, increased anxiety, and a loss of confidence or purpose.

There’s also a cultural silence around this transition—many women suffer in silence, unsure whether what they’re feeling is “normal” or worthy of support.

How Professional Psychological Support Can Help

Menopause is not just an ending—it’s a powerful pause that offers the opportunity to reconnect with your deeper self. Working with a psychologist during this time can help you:

- Make sense of the emotional and cognitive shifts you’re experiencing
- Process grief, identity changes, or unmet life expectations
- Learn practical strategies for managing anxiety, low mood, and brain fog
- Address body image and self-esteem with compassion
- Reframe this life stage as a time of strength, renewal, and inner authority
- Explore what fulfillment and purpose look like in this new chapter

Therapy offers validation, insight, and practical support during a time when many women feel unseen. With the right care, menopause can be a transformative, empowering stage of life—not just a biological event.

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