When Menopause Meets Neurodivergence

Why things can feel harder - and why that makes sense

Area	Neurodivergence	Menopause	Combined Experience
Focus & Thinking	**Distractibility, task switching**	**Brain fog, forgetfulness**	**I can't think clearly, losing track mid-task**
Emotional Regulation	**Intense emotions, overwhelm**	**Mood swings, irritability**	**Bigger reactions, not myself**
Sensory	**Noise/light sensitivity**	**Reduced tolerance**	**Noise feels unbearable**
Energy	**Inconsistent energy**	**Fatigue, poor sleep**	**Crashes, can't keep up**
Executive Function	**Planning, time issues**	**Memory lapses**	**Overwhelm, missed tasks**

This isn't a loss of ability - it's a shift in capacity.

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