

# Managing Male Menopause



You never heard of male menopause? It's a term used to describe the emotional reactions men sometimes have in response to mid-life transitions. Between the ages of 40 and 60, some men begin to feel edgy and dissatisfied, overwhelmed by their obligations, and pessimistic about their futures.

## **Typical symptoms include:**

- Insomnia.
- Sexual problems.
- Increased dissatisfaction with work, marriage, and family life.
- Preoccupation with the past, or worries about illness and death.
- Abuse of alcohol, drugs, or both.
- Impulsive behavior, or taking unnecessary or dangerous risks.

These feelings and behaviors are often triggered by changes, such as children moving away from home or other typical mid-life events.

## **To cope with mid-life change:**

- Don't make radical or impulsive changes, like trading in an economical sedan for a luxury European sports car, or suddenly deciding you want a divorce.
- Don't use alcohol, drugs, or casual sex to escape or lessen the impact of change.
- Do share your fears and concerns with your family, and seek professional counseling if your troubles seem to be more than you can handle.
- Do cultivate skills and interests you'd enjoy but never took the time to pursue.