Common Mental Health Issues in Women

It is essential that you really pay close attention to your mental health as a woman, just like men need to. It is imperative that you not ignore symptoms of certain mental health conditions, whether you have stress or clinical depression. Here are some of the more common mental health issues women tend to face.

**Stress**

This is probably one of the biggest and most common mental health issues that plagues women. While both men and women can definitely get stress, there have been many studies to show that women in general are at a higher risk for getting stress. The good news is that there are a lot of easy and healthy ways to reduce your stress levels, from changes in your job and home life, to healthy lifestyle changes like exercising more often and making sure you focus on self-care.

**Anxiety**

Another big mental health dilemma among women is anxiety. Anxiety in general is equal among men and women, but there are certain types of anxiety that you are more prone to. This includes generalized anxiety disorder (GAD), panic attack disorder, post-traumatic stress disorder (PTSD), and specific phobias like agoraphobia. If you struggle with a high amount of stress, that can also be a contributing factor to your anxiety or panic attacks. For anxiety, remedies range from cutting out caffeine and alcohol, to taking anti-anxiety medications.

**Depression**

Along the same lines of anxiety is depression, which is also a bigger risk in women. Studies have shown than women are twice as likely to get depression and have more suicide attempts. Women tend to commit suicide more often than men, and approximately 12 perfect of women are suffering from depression, while the number is only 6 percent with men. However, men are more likely to actually die from the suicide attempts. Either way, no matter your gender, you should never ignore your depression. Get help from a licensed mental health professional right away.

**Eating Disorders**

Eating disorders are also considered a mental health condition, and are more common in women. Men still get anorexia and binge eating disorder, but women are at a higher risk. If you feel that you might have an eating disorder like bulimia, anorexia, binge eating disorder, or overeating disorder, you should talk to a doctor as soon as you can. These disorders affect your mental and physical state, and can even be life threatening.