

Mid Life: 6 Common Signs Its Happening

Mid life is a natural process that happens to us all... whether we like it or not, mid life will arrive!

Mid life is a natural process that typically happens at about 40 years of age... give or take 20 or so years... and can continue for another 20 or so years. Mid life is a normal part of "maturing". And it can be a difficult time for many people... particularly women who experience menopause during their mid life.

If you are going through mid life may experience a wide range of things including:

- feelings of restlessness... and wanting to do something completely different with your life including changing career, going back to study, travelling...
- discontent with life and the lifestyle you've had prior to now.... this lifestyle may have provided you with happiness or fulfillment in the past, but it's not what you want for the rest of your life
- boredom with things or people that have been central in your life up until now... this could include groups you belong to and have done for many years, your house, your car, certain friends, your partner
- questioning the meaning of life... mid life is often a time of reflecting on your life... taking stock of what you've achieved, what you're doing compared to what you've always wanted to do, questioning decisions you've made and the consequences of those decisions on your current life
- questioning "who am I?" and "where is my life going?"
- hormonal changes... this is particularly so for women. Hormonal changes can create much disruption to a woman's life including all kinds of physical and emotional symptoms such as mood swings, sleeping problems, weight gain...

Living through mid life can be a tricky thing (and sometimes downright horrendous) for the one experiencing mid life as well as for those close to the person in mid life.

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