

FEATURE ARTICLE

From Surviving to Thriving: May Is Your Moment to Reclaim Balance

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May invites us to slow down—and not in the sense of doing less, but in being more intentional. It's a month that highlights our most important wellness foundations: mental health, women's health, restorative sleep, and physical fitness. As a physician who has spent decades helping people restore balance to their lives through integrative, personalized care, I see this month as a golden opportunity for a full-body and mind reset.

YOUR HEALTH IS NOT A TO-DO LIST—IT'S A RELATIONSHIP

Too often, we approach our health reactively—addressing symptoms rather than root causes. True longevity and wellbeing come when we treat the whole person, not just isolated parts. That means understanding how your hormones influence your brain, how your stress patterns impact your sleep, and how your daily choices either fuel or deplete your vitality.

START SMALL. STAY CONSISTENT.

This month, I challenge you to take one small, meaningful action in each of these areas:

- **Mind:** Begin each day with five minutes of stillness—whether meditation, journaling, or simply deep breathing. This helps calm the nervous system and sets the tone for clearer focus and emotional resilience.
- **Body:** Don't underestimate movement. A brisk walk, some resistance bands, or dancing in your kitchen all count. Exercise is medicine, especially for women in midlife and beyond.
- **Balance:** Get curious about your hormones. Many women are told their fatigue, mood swings, or sleep issues are "normal." They're common—but they're not normal. Seek guidance. Ask for testing. You deserve care that sees the full picture

LONGEVITY IS A LIFESTYLE, NOT A LIFESPAN

At [The Longevity Expo](#), we're not just talking about living longer—we're talking about living better. Vitality, connection, and joy are just as important as lab values and biomarkers. This May, I hope you'll take the time to tune into yourself, listen to your body, and take the first—or next—step toward a more balanced, energized life.

Because balance isn't a destination—it's a daily practice. And it starts with you.

Meet me at [The LongevityExpo Longevity Expo 2025 | May 31 - June 1, West Palm Beach](#) on May 31st and June 1st — **Erika Schwartz, MD**

Founder, Evolved Science | Longevity Advocate | Women's Health Expert

REFERENCES

Hormonal Balance and Women's Mental Health

- **Hormonal Fluctuations and Mood Disorders:** Research indicates that fluctuations in estrogen and progesterone levels can significantly impact women's mental health, influencing mood, emotional processing, and cognitive functions. [theaustralian+2MDPI+2Frontiers+2](#)
- **Hormonal Contraceptives and Mental Health Risks:** A comprehensive review has linked hormone-based contraceptives to potential adverse effects, including emotional disruptions, depression, and increased risk of suicide. [PubMed+1PMC+1](#)

Physical Activity and Mental Well-Being

- **Exercise as a Treatment for Depression:** A systematic review and network meta-analysis found that various forms of exercise, such as walking, yoga, and resistance training, are effective in reducing depressive symptoms, with some forms being as effective as psychotherapy or pharmacotherapy. [en.wikipedia.org+1BMJ+1](#)
- **Physical Activity Enhances Mental Health:** Regular physical activity has been associated with improvements in mood, cognitive performance, and resilience, highlighting its role in enhancing overall mental well-being. [Frontiers](#)

Lifestyle Interventions and Longevity

- **Physical Activity and Mental Health:** A systematic review emphasizes the positive effects of physical activity on mental health and well-being, suggesting that exercise is a viable remedy for depression. [PMC](#)
- **Hormonal Balance and Women's Health:** Understanding the role of hormones in women's health is crucial, as hormonal imbalances can lead to various health issues. [Longdom](#)