


# Midlife crisis

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A **midlife crisis** is a long-term emotional state (depression) associated with a reappraisal of my experience in middle age, when I have many opportunities so that a person can dream of childhood and adolescence, already irretrievably lost (or seemingly lost). as a real-life event.

This crisis is going through people in the region of 40-45 years: it consists in reassessing everything that has been achieved in life by this time.

Midlife crises last about 3–10 years in men and 2–5 years in women. A midlife crisis could be caused by aging itself, or aging in combination with changes, problems, or regrets over:

- work or career (or lack thereof);
- spousal relationships (or lack thereof);
- maturation of children (or lack of children);
- aging or death of parents (or lack of death of parents);
- physical changes associated with aging.


## Symptoms:

- Depression;
- self-pity;
- Emptying;
- The feeling of being trapped, career trap or marriage;
- Feeling that life is unfair.

Symptoms are aggravated by a deterioration in physical condition: an increase in body weight, a decrease in stamina, wrinkles, sagging skin, hair loss, a decrease in demand for the opposite sex.

## **External manifestations:**


- The refusal from the achieved, despite the positive assessment of the achievements of others;
- Loss of interest in many previously significant aspects of life;
- Change the circle of reference persons: the opinion of random people may become more significant;
- Change value orientations;
- More free, eccentric behavior.



The leading activity is labor, successful professional activity, providing self-actualization of the individual.


A person often rejects or destroys what he has been seeking for years, in which he invested a lot of strength.

Either a person begins to acutely experience his inconsistency: as a rule, by the age of forty, the discrepancy between the dreams, the life goals of a person and his real situation is realized.



Many try to transfer the psychology of the youth phase through the threshold of maturity - and this is what causes the neuroses. Indeed, by the age of forty a noticeable decrease in physical strength begins, a decrease in vital energy, a decrease in sexual attractiveness.

Social roles change: if, up to a certain point, a person (with all his independence) realized that he was a child of his parents, then by this time many parents are dying, becoming helpless.



The realization comes that own life is passing: life has ceased to issue loans for the future. One is hard to understand that all the peaks still do not conquer.

Others suffer from the fear of not expressing themselves in something important, remaining unfulfilled, they believe that life gives them one last chance: it is during the mid-life crisis that people despair of unexpected deeds.

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## Life after midlife crisis

Successful resolution of the crisis means the transition to maturity, to a certain wisdom of life; it creates a desire for a person to be productive, to care for the next generation, to think about his contribution to what is happening on earth.

If the crisis is not resolved, stagnation is likely, accompanied by a feeling of devastation. A person can begin to indulge his whims, consider that their growth and development have stopped, and represent the rest of his life in the form of a giant black hole.