



SWING DROP

A GUIDE FOR LIFESTYLE ENTHUSIASTS



Swing Drop

If you are a Lifestyle Enthusiast, you may have heard us mention the term 'swing drop' and been unsure of what exactly it is.

So, lets discuss this issue that is so common amongst us in the lifestyle.

What is swing drop?

Swing drop is a term that we use like the term 'sub-drop' in the kink world, it's an emotional and physical low that can be experienced by any individual participating in the lifestyle and is caused generally after an emotional high where "happy hormones" have been created in higher than usual volumes, after the high the body can't sustain the level of production which leads to a significant decrease as a result when the happy hormones leave the body or levels reduce rapidly this can result in swing drop.

Swing drop can happen anywhere from an immediately after the experience (minutes) to a week afterwards.

Within the lifestyle this don't necessarily only occur after physical interactions, many people experience swing drop after dinner dates, club events or lifestyle parties, where they have had a significant increase of happy hormones, so to better understand what's going on let's take a deeper look.

What are 'Happy Hormones'?

Happy Hormones are chemicals produced by different glands across your body, they travel through the bloodstream, acting as a neurotransmitter playing a part in many bodily processes, one of the important functions is helping you regulate your mood.

These "happy hormones" include:

- **Dopamine:** Known as the "feel-good" hormone, dopamine is a neurotransmitter that's an important part of your brain's reward system. It's associated with pleasurable sensations, along with learning, memory, and more.
- **Serotonin:** This hormone and neurotransmitter helps regulate your mood as well as your sleep, appetite, digestion, learning ability, and memory.
- **Oxytocin:** Often called the "love hormone," oxytocin is essential for childbirth, breastfeeding, and strong parent-child bonding. It can also help promote trust, empathy, and bonding in relationships. Levels generally increase with physical affection.

- **Endorphins:** These hormones are your body's natural pain reliever, which your body produces in response to stress or discomfort. Levels may also increase when you engage in reward-producing activities such as eating, working out, or having sex.

Does everyone experience it?

No, swing drop doesn't affect everyone and even those that have experienced it before might only do so on a once off basis, it can affect anyone and may be a once off or regular occurrence, you may also never experience it at all.

So what does it look like?

Many people experience swing drop in different ways, it can range from a few tears afterwards to a crushing depressive low, here is a small example of some of the things an individual may feel:

- Crying
- Difficulty concentrating, remembering details, and making decisions.
- Fatigue and decreased energy
- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Sad, anxious, or "empty" feelings
- Just not feeling "right"
- Severe Depression / Suicidal Thoughts [*See your GP or reach out to a support service immediately if this occurs, in Australia call 000 if in immediate danger or contact a mental health support line such as Lifeline- 13 11 14](#)

So how can we prevent / manage it?

Whilst swing drop can be challenging, there are several different strategies we can use to help reduce the impact and duration of the drop:

- Communication – Open and honest communication with your partner or supportive person is crucial, even if you are a single within the lifestyle it is important to have someone you can talk to about your experiences good and bad, debriefing plays a crucial role within our lifestyle.
- Self-care – prioritize yourself, engage in activities that promote relaxation and self-enjoyment, this doesn't have to be something extreme like an all-expenses paid holiday, but grab a coffee, read a book, book in a massage, get your nails done, whatever it is just find time for you.
- Prepare for the future – in several instances we know that drop can come and leave you feeling like what next? You had the high now you're not sure you will get it again, the best way to help overcome this is to prepare for the future, find another date that you can attend a club or go on a date, giving yourself something to look forward to can be great for overcoming swing drop and great for your mental health in general.
- Build a support network – this is a great way of helping, try build a support network of Lifestyle Enthusiasts who understand the highs and lows, join lifestyle groups online, attend meet n greets, find lifestyle friendly therapists.
- Research - trying to understand what's going on may be hard at times but when it comes to swing drop, one of the best things to do is research, listen to lifestyle podcasts, reach out to organisations like us Open Door QLD, try learning as much as possible so that you can put a toolchest together of things that may help.

Conclusion

Swing Drop is not something to be scared or ashamed about, it is non-discriminatory in who it affects so don't let it weigh you down or put-up false walls to shield from stereotypical 'won't affect me' mentalities.

Experiencing swing drop doesn't mean you are not suited to the lifestyle; it means you are human!

If it's not you that is suffering, maybe you are noticing it in your friend / partner just be there! Talk to them and support them as much as you can.

Seek professional support if it is ongoing and becoming to much.

Overall, there are many of us in the lifestyle that have been affected by swing drop or know someone that has, reach out to those in the lifestyle as our community is generally one of support.

Being a part of the lifestyle is much like a drug, it can create intense euphoric feelings it can also induce crushing lows, be aware of yourself and how you are feeling and remember most importantly; *You are NEVER alone!*

This information has been bought to you by Open Door QLD, please feel free to use and distribute this resource to our lifestyle, together we can shine the light on our beautiful Lifestyle.

For more information or to request a topic of your own please contact us:

Open Door QLD

opendoorqld.com.au

opendoorqld@gmail.com

<https://www.facebook.com/OpenDoorQLD>

