



## ENDO WARRIORS AOTEAROA: MENTAL WELLBEING AND SELF-CARE FOR THOSE WITH ENDOMETRIOSIS

At Endo Warriors Aotearoa, we understand that living with endometriosis can take a toll on your mental and emotional well-being. It is important to prioritize self-care and mental health to support your overall quality of life. Here are some important tips, facts, and self-care strategies to promote mental well-being for individuals with endometriosis. Please remember to consult your healthcare professional for personalized advice.

### 1. Acknowledge Your Emotions:

- Recognize and acknowledge the emotions that arise from living with endometriosis. It is normal to experience frustration, sadness, anger, or anxiety. Allow yourself to feel and process these emotions.

### 2. Seek Support:

- Connect with others who understand your experience by joining support groups, online communities, or seeking counselling services. Sharing your journey with others can provide validation, empathy, and practical tips for managing emotions.

### 3. Educate Yourself:

- Learn about endometriosis, its symptoms, and treatment options. Understanding the condition can help you make informed decisions, reduce uncertainty, and take an active role in managing your health.

### 4. Practice Self-Care:

- Engage in self-care activities that nourish your mind, body, and soul. This may include taking regular breaks, engaging in hobbies, practising mindfulness, or enjoying activities that bring you joy.

### 5. Set Boundaries:

- Establish boundaries in your personal and professional life. Prioritize your health, well-being, and self-care needs. Communicate your limits and ask for support when needed.

### 6. Manage Stress:

- Implement stress-management techniques such as deep breathing exercises, meditation, yoga, or journaling. Find what works best for you to reduce stress and promote relaxation.

### 7. Balanced Lifestyle:

- Strive for a balanced lifestyle that includes adequate rest, nutrition, exercise, and leisure activities. Prioritize activities that nourish your body and mind, promoting overall well-being.

### 8. Express Yourself Creatively:

- Engage in creative outlets such as art, writing, or music. Expressing your emotions and experiences through creativity can be cathartic and empowering.

### 9. Practice Mindfulness:

- Incorporate mindfulness techniques into your daily routine. Focus on the present moment, practice gratitude, and cultivate self-compassion.

### 10. Seek Professional Help:

- If you are struggling with your mental well-being, do not hesitate to seek professional help. A mental health professional can provide guidance, support, and strategies to manage any emotional challenges you may be facing.

### Important Facts:

- Mental well-being is an important aspect of overall health and should be prioritized in managing endometriosis.
- Self-care is not selfish; it is necessary for your well-being and ability to cope with the challenges of living with endometriosis.
- Every individual's experience with endometriosis is unique, and what works for one person may not work for another. Explore different self-care strategies and find what resonates with you.

Remember, managing endometriosis involves caring for both your physical and mental health. Prioritize self-care, seek support, and be gentle with yourself. By focusing on your mental well-being, you can navigate the challenges of endometriosis with resilience and maintain a positive outlook on life.