

Self-Care and Endometriosis

Taking care of yourself is important for your mental and physical health. When we experience chronic physical or mental stress, our brains become more sensitive and reactive to threats. This can increase our pain and worsen our symptoms.

Self-care can be a helpful strategy in managing mental and physical health.

Self-care will look different for everyone.

Start with what feels right and manageable for you!



Ideas for self-care:

- Mindfulness-based practice (e.g., meditation) can help you build skills to manage chronic pain and stress. It can be beneficial to your mental health, improve your relational health, and help you sleep
- Exercise (e.g., walking, yoga, and strength-training) can improve your mental health, mobility, strength, and reduce pain
- Spending time in nature can help reduce your stress
- Eating nutrient-dense meals can help reduce inflammation and improve your overall health
- Prioritizing sleep and rest can reduce fatigue and pain and improve your overall health
- Connecting with your support networks can make life feel more enjoyable

To learn more visit
yourperiod.ca/endometriosis