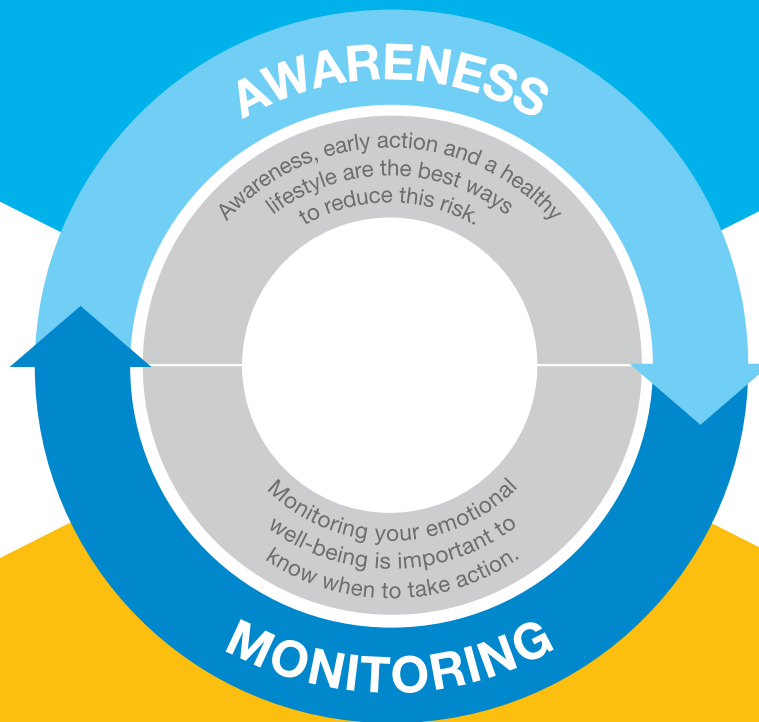


Emotional Well-being and PCOS

Women with PCOS have an increased risk of anxiety, depression, poor self-image and low self-esteem



If you answer often to any of the questions below, start to take action

Over the last 2 weeks, how often have you been bothered by the following problems?



Feeling down, depressed, or hopeless



Little interest or pleasure in doing things



Feeling nervous, anxious or on edge



Not able to stop or control worrying

Reduce the risk and severity of these challenges:



Talk to your GP. He/she may give you a referral to other health professionals if needed.



Educate people close to you about PCOS and the challenges you may face to your emotional well-being.



Seek support of family, friends and health professionals to assist you in achieving good emotional well-being.



Be as active as possible. At least half an hour per day of activity.



Eat a healthy diet, most of the time.



The **AskPCOS App** provides comprehensive, high quality PCOS information and support tools that are based on the latest evidence.