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.