



Emotional Wellbeing and PMOS

Those with Polyendocrine Metabolic Ovarian Syndrome (PMOS) often experience emotional challenges such as mood changes, distress and low self-esteem.

Awareness

Awareness, early action and a healthy lifestyle are the best ways to reduce this risk.

Monitoring

Monitoring your emotional well-being is important to know when to take action.

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

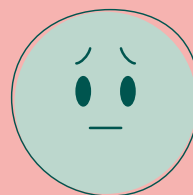
Over the last 2 weeks, how often have you been bothered by the following problems?



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



Educate people close to you about PMOS and the challenges you may face to your emotional wellbeing.



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



Be as active as possible and make healthy food choices most of the time.



Talk to a health professional about a referral to a mental health specialist.



The AskPMOS App provides comprehensive, high quality PMOS information and support tools that are based on the latest evidence.
www.askpmos.org

© Monash University