

Wellness Tips For Endometriosis

Here are some strategies to help you maintain an active and healthy lifestyle along your journey with **endometriosis**.



Exercise and Sports • LISTEN TO YOUR BODY.

Athletes often push their bodies to physical limits, but it is important to pay extra attention to changes and pain that might indicate an aggravation of your endometriosis symptoms. Low-intensity stretching exercises may help to relieve cramps and pain, so don't skip your warm up and cool down stretches. Be sure to give your body plenty of rest after long practices and events.



Diet • SNACK WELL.

Healthy eating and drinking behaviors can reduce inflammation and manage nausea and bowel issues associated with endometriosis. Keep snacks in your desk or work bag so that you aren't skipping meals during a busy day. Think: fiber, fruits, veggies, and healthy fats. Make sure to drink plenty of water during the day, and reduce your caffeine and alcohol intake.



Work and School • ASK FOR ACCOMMODATION.

In the United States, endometriosis is not classified as a disability, but that doesn't mean you cannot consider asking for reasonable accommodations at your school or workplace. Document and communicate your challenges, along with suggested ways that your employer or school can assist you in meeting their expectations for performance. Every environment is different, but accommodations might include a comfortable chair, scheduled breaks, adjusted or flexible hours, and/or remote work or attendance. Understand that this may require one or multiple conversations with your supervisor, institution, HR department, and even documentation from your doctor. On days that your symptoms are particularly difficult to manage, consider using sick or other appropriate leave.



Prepare a handy survival kit with pads or tampons, pain medicine, and spare underwear.

Keep one in your locker, car, work desk, and handbag, so you can access it in emergency situations.

Wellness Tips (cont.)



Travel • BE PREPARED.

Try to schedule travel during the less problematic times of your monthly cycle, and make sure you have enough medication to last the trip. Check for fitness center access to continue your stretching exercises and routine after a long drive or flight. Try to journal what you eat and drink that might be different from your normal regimen at home. Pack portable heat wraps or thermal pads to manage pain when you're on-the-go. Schedule enough time to rest and allow your body to recuperate after strenuous or high-intensity activities.



Sexual Health • TALK ABOUT IT.

Remember, you did not cause your endometriosis and you have nothing to be ashamed about. Talk to your partner about how you are feeling physically and emotionally. Sit down together to figure out ways to make sex, intimacy, and even reproduction work better for both of you. To help with pain during or after sex, try taking a pain reliever one hour before intercourse. If pain, bleeding, or infertility continue to affect your sexual health and wellness, talk to a health care provider about your concerns. Consider taking your partner with you to your consultation, and hold them accountable if they aren't following through or listening to your issues.



Rest and Relaxation • TAKE A BREAK.

Stress and anxiety can promote muscle tension and inflammation that can aggravate endometriosis symptoms and pain. Take mini breaks to stand or sit (depending on what you do all day) and keep your body limber. Schedule vacations or staycations during which you can recharge your body and mind.



Community of Support • DON'T BE AFRAID TO ASK FOR HELP.

You don't have to battle endometriosis alone. Find a confidant (or two or three) that you can go to share your experiences and concerns. Ask them to hold you accountable for maintaining your health and wellness. You would be surprised how many individuals you already know that have also been impacted by endometriosis and are willing to be in your circle of support. You can expand your circle by exploring local or virtual support groups – ask your doctor or search online for additional resources.