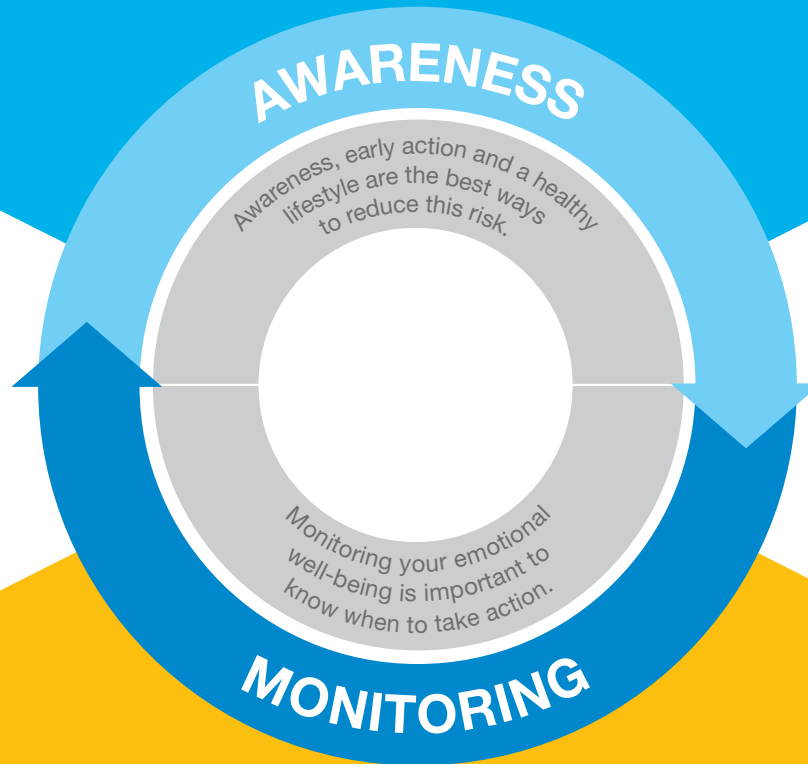


# Emotional Well-being and PCOS

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.