

How to manage life with PCOS or endometriosis.

Life is busy. And it can sometimes feel overwhelming when you have to deal with work, school, friends, partners, personal stuff ... all at the same time as managing conditions like PCOS or endometriosis. Women have gone in different directions depending on their personal needs and have found a number of ways to improve their day-to-day experience.

School and work

Talk about it. Get the time or flexibility you need. It's always best to address something upfront, so make some time to have a real conversation with your supervisor or a trusted member of management. You can make a call on who really needs to know.

Keep treatments on hand. Many women find wearing heat wraps helpful. And you can wear them under your clothes, so no one knows.

Busy schedules

High stress levels can impact how you feel, especially with something like PCOS or endo. Make time to meditate. Calming exercise like yoga can help. Even more intense exercise like hitting the gym or running can be a good way to get some endorphins going, which helps combat stress.

But most of all, don't feel stressed by your pain or [symptoms](#). Sometimes, things are what they are, and you're doing the best you can to manage them.

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Don't get frustrated
by what's out of
your control.
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Advice from
our women
in the know

Dating

Dating comes with its own challenges, but trying to navigate its ups and downs takes even more effort when you're also managing your health.

Things like irregular periods, pain during sex and general discomfort can be tough to bring up. If you feel comfortable, you should talk about it with your significant other. But you should also never feel like you have to justify your decisions or share anything about your health if you don't want to.

Many women say it's helpful to feel out someone new for a few months before deciding to have a discussion. But the good part is, it's all up to you.

Money

When you feel healthy, it's hard to think about the financial aspects of health. But it's smart to start thinking about what that means for you. Some women open a health savings account (HSA). Or just consider a budget to begin planning out how to best save for the kind of care you might need.

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