

# How to manage your symptoms with PCOS and endometriosis.

So you're dealing with endo or PCOS. And there's a lot to manage. But there are ways to ease your symptoms. From changing your diet to prioritizing your needs, you might find that some of these tips work to help you feel more in control.

## Stress

Stress can influence inflammation in your body, which isn't good for endo and PCOS. So to try and decrease it, there are a couple things you can do.

Think about your needs. Even write them down. Take time to prioritize. It's important to think about your total well-being, even when things in your life are hectic.

## Eating

No one particular diet has worked for everyone, but some studies suggest that eating more fruits, veggies, whole grains and foods rich in iron and omega-3 fatty acids can improve symptoms.

Because endo can cause a lot of inflammation, it's good to avoid things that can worsen inflammation, like caffeine (sorry), alcohol, gluten, red meat and trans fats.

Keeping a food journal can help figure out what kinds of changes are actually helping. And it can help when you're talking to a doctor about what is or isn't working.

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Treat your health as seriously as you treat studying for the SATs or school.  
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Advice from our women in the know

## Exercise

When you exercise, it can help to manage symptoms for a few different reasons.

Movement encourages circulation and decreases estrogen production, which can help inflammation. Exercise can also help decrease stress by releasing endorphins.

Some women who have endo or PCOS say that heat therapy, acupuncture, massages and yoga help them to decrease stress and manage symptoms.

Trying many different ways to manage [your symptoms](#) is the best way to find what works for you and fits into your lifestyle.

❖ An anti-inflammatory diet can help reduce bloating and pain.

It's important to **talk about all the things bothering you**, so your doctor understands the entire picture.

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