

Endometriosis & Mental Health

Endometriosis is more than just a reproductive condition—it's a whole-body, inflammatory, and immune-driven disorder that requires a multisystem approach to recovery. An integrative perspective looks beyond symptom management and explores the root causes, supporting the hormonal, immune, gut, and nervous systems to promote long-term relief and balance.



How does Endometriosis affect your Mental Health?

- *Chronic Pain & Nervous System Overload* – Persistent pain keeps the nervous system in a heightened stress response, leading to anxiety, depression, and emotional exhaustion.
- *Hormonal Imbalances & Mood Swings* – Estrogen dominance and progesterone deficiencies impact serotonin and dopamine levels, contributing to PMDD-like symptoms, low mood, and irritability.
- *Fatigue & Brain Fog* – Endo-related inflammation, nutrient deficiencies, and poor sleep quality lead to mental exhaustion, trouble concentrating, and reduced motivation.
- *Medical Gaslighting & Misdiagnosis* – Many individuals with endometriosis face years of being dismissed or misdiagnosed, leading to feelings of frustration, self-doubt, and medical trauma.
- *Impact on Identity & Relationships* – Chronic illness can make individuals feel disconnected from themselves, their bodies, and loved ones, increasing isolation and emotional distress.
- *Sleep Disruptions & Stress Sensitivity*
- *Inflammation & Mental Health* – Systemic inflammation affects the brain's ability to regulate mood and cognition, increasing the risk of anxiety, depression, and neuroinflammation-related symptoms.



Endometriosis isn't just a physical condition—it has a profound effect on mental health, influencing mood, emotional well-being, and overall quality of life. The chronic pain, hormonal imbalances, and systemic inflammation associated with endometriosis create a perfect storm for anxiety, depression, and emotional distress.



Endometriosis affects more than the body—it impacts the whole self. Mental health support is essential, and you deserve compassionate care.

How to Support Your Mental Health with Endometriosis

- *Nervous System Care* – Breathwork, gentle movement & vagus nerve activation
- Finding your community - so you don't have to go through it alone.
- *Anti-Inflammatory Nutrition* – Omega-3s, magnesium, and gut-supportive foods as directed by your health professional or naturopath
- *Mind-Body Therapy & Trauma Processing* – Therapy, somatic work & stress reduction techniques, including EMDR, Mindfulness & DBT.
- *Holistic & Medical Support* – Finding endo-informed professionals to guide your recovery



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