

Emotional Wellbeing & POI

What is POI?

Premature Ovarian Insufficiency (POI) means your ovaries stop working normally before age 40.

POI leads to fewer eggs being released and lower production of hormones like estrogen, from the ovary. This can impact both your physical (making it hard to get pregnant or onset of menopausal symptoms), and emotional health.

How POI Affects Emotional Wellbeing



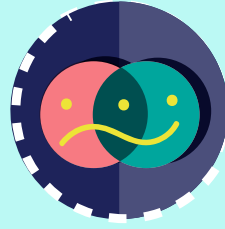
Feelings of Sadness or Loss:

It's normal to feel sad or like you've lost something important.



Anxiety and Worry:

You might feel more anxious or worried than usual.



Mood Swings:

Your mood can change quickly, feeling happy one moment and sad the next.



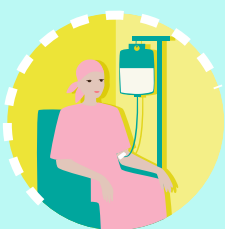
Low Self-Esteem:

You might feel less confident about yourself.



Feelings of guilt, shame

or being alone.



These feelings can

be worse if you are also coping with infertility, menopausal symptoms or illness.

Not all emotions are negative. Some women may have feelings of relief about finding out answers to questions you have had about your body.

Awareness

Awareness, early action and a healthy lifestyle can help psychological well being.

Monitoring

Monitoring your emotional well-being is important so you know when to take action.

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

Ask Early Menopause



The free **Ask Early Menopause App** provides comprehensive, high quality POI and early menopause information, women's stories and support tools that are based on the latest evidence (www.askearlymenopause.org)

Information from the updated 2024 ESHRE POI guideline

(www.eshre.eu/Guidelines-and-Legal/Guidelines/Premature-ovarian-insufficiency)



Emotional Wellbeing & POI

General Tips for Emotional Wellbeing

1

Learn about POI

- The Ask Early Menopause App (free and available on Google and Apple stores or at www.askearlymenopause.org) has helpful information.

2

Talk to Someone

- Share your feelings with a friend, family member, counsellor or doctor.
- Joining an in person or online support group can help you connect with others who understand.

For example: www.daisynetwork.org; www.turnersyndrome.org; www.fragilex.org.au. Infertility or cancer support groups may be helpful for some women. There may be support groups specific to your country.

3

Seek Professional Help

- If you feel overwhelmed, talk to a doctor, counsellor or psychologist.
- They can offer treatments or therapies to help manage your emotions.

4

Healthy Eating

- Aim to eat a balanced diet with fruits, vegetables, and whole grains.
- Avoid caffeine, alcohol or drugs which can affect your mood.

5

Relaxation Techniques

- Practice deep breathing, meditation, or listen to calming music.
- Spend time doing hobbies you enjoy, like reading, crafting or journaling.
- Spiritual practice, affirmations or spending time in nature can be helpful for some people.

6

Sleep Well

- Aim for 7-9 hours of sleep each night.
- Create a bedtime routine to help you relax before sleep.

7

Stay Active

- Exercise can improve your mood. Try walking, dancing, or yoga.
- Even small activities like gardening can help.

Remember

- It's ok to ask for help.
- Taking care of your emotional health is just as important as your physical health.

You are not alone.

Many women with POI experience similar feelings & challenges. Reach out and take small steps each day to care for your emotional wellbeing.



Resilience

Women with POI can develop strong resilience and adaptability in facing challenges. They may find ways to cope with the diagnosis and adjust their lifestyle accordingly.

Focus on the present

POI can sometimes shift a person's perspective, helping them appreciate the present moment and prioritize what truly matters.

Stronger relationships

The experience of POI can bring people closer to loved ones and foster deeper connections.

Personal growth

Dealing with POI can lead to personal growth and self-discovery, as individuals find new ways to navigate their lives and find meaning.

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