

# FACT SHEET

## MENTAL WELLBEING AND SELF-CARE

17 November 2021



### ENDOMETRIOSIS AT A GLANCE

Endometriosis is a condition where tissue similar to the endometrium (the lining of the uterus) grows elsewhere in the body. This tissue responds to reproductive hormones where oestrogen stimulates patches forming superficial, lesions or endometrioma (ovarian cysts). Inflammation is generally present, and adhesions (scar tissue) can also form in response. Endometriosis within the muscle tissue of the uterus is known as adenomyosis, typically characterised by an enlarged uterus and heavy menstrual flow as well as pain at time of period.

Mental wellbeing is about feeling good, functioning well, and feeling connected

For many of us, when we talk about mental health we're really talking about mental illness or mental distress. But, like physical health, mental health is something we all have, and we need to look after it. There is no health without mental health.

Good mental health boosts our physical health, creates resilience, helps us to feel happy, confident, and secure.

The Mental Health Foundation uses two key models of wellbeing to help individuals, whānau, communities and society ensure that everyone can enjoy good mental wellbeing. One of these models is the 'Five Ways to Wellbeing'. Your wellbeing will be positively benefitted by building five actions into your day-to-day life.

## FIVE WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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 Mental Health Foundation  
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[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

Endometriosis changes your life and can impact you physically, your study or work, friendships, and relationships. Taking intentional steps to take care of your emotional, physical, and mental health can make life a little bit easier. Mental wellbeing and self-care can look different for everyone, here are some ideas of things you could do that improve your health, reduce your stress, and bring you enjoyment:



When feeling stressed or anxious you can try a self-soothing act, something simple that you can do to help calm your mind and body. Self-soothing acts help you to become more present and less lost in thought without shutting down your feelings or forcing a positive attitude. Think of self-soothing as a really good hug: it helps you to feel a bit more safe, present, and supported. Try positive self-talk, having a shower or bath, getting some sleep, listening to music, meditating, and hydrating as ways to self-soothe.

For further information:

- Insight Endometriosis: Endometriosis and Emotions
- Insight Endometriosis: Effective Communication Information Sheet
- Insight Endometriosis: Advocating for Yourself Information Sheet

References:

- Mental Health Foundation: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

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