



POLYCYSTIC OVARY SYNDROME (PCOS) AND BODY IMAGE

- PCOS is a common condition, and people with PCOS often feel more worried and stressed about how they look compared to those who don't have it.
- PCOS can cause acne, darker skin spots, weight gain (often around middle), extra hair growth or thinning, skin infections in armpits or buttocks, which affects how someone feels about their body.
- Things like society's focus on being thin and negative attitudes toward weight can make people feel even more upset about their bodies.
- People with PCOS are more likely to develop unhealthy or disordered eating habits because they worry about their body image and weight.
- How upset someone feels about their body can make anxiety and depression worse for people with PCOS.

YOU ARE NOT ALONE, AND BY IMPROVING YOUR BODY-IMAGE, YOU CAN ENHANCE YOUR OVERALL WELL-BEING.



WHAT YOU CAN DO TO IMPROVE BODY IMAGE



**Learn and Practice
Self-Compassion**

**Adopt a Weight Neutral
Lifestyle Approach**

**Try Body Neutrality
or Body Positivity**

**Recognize Weight
Stigma in Healthcare**

**Seek Support
to Reduce Isolation**



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**



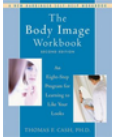
PCOS Challenge
THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION



STRATEGIES AND RESOURCES



READ + PRACTICE



The Body Image Workbook: An Eight Step Program for Learning to Like Your Looks



Self-Love Workbook for Women: Release Self-Doubt, Build Self-Compassion, and Embrace Who You Are by Megan Logan, MSW, LCSW



Access Support within PCOS Community through the PCOS Challenge Support and Empowerment Network: The National Polycystic Ovary Syndrome Association



SELF-COMPASSION

- Learn about the Benefits of Self-Compassion
- Try Self-Compassion Meditations
- Practice Writing Exercises to Boost Self-Compassion
- Take a Workshop or Online Course



Scan for PCOS resource links



RECOGNIZE WEIGHT STIGMA IN HEALTHCARE

Weight bias refers to negative assumptions, beliefs, and judgments about a person based on their weight, which may present as a critical attitude, physical or verbal attacks, or stereotyping.

- You may experience subtle or overt examples of weight stigma in healthcare settings, which is not your fault.
- Seek healthcare providers who see you as a whole person, address your presenting concerns adequately, and do not overly focus on your weight/weight loss.



HAIR AND SKIN RESOURCES

American Electrology Association:

www.electrology.com

Hair + Skin Info on AskPCOS: www.askpcos.org



LEARN ABOUT HEALTH AT EVERY SIZE (HAES) – WEIGHT NEUTRAL LIFESTYLE APPROACH

HAES encourages accepting your size, adopting lifestyle habits, embracing size diversity, and trusting yourself

LIVE WELL PLEDGE

Today, I will try to feed myself when I am hungry.

Today, I will try to be attentive to how foods taste and make me feel.

Today, I will try to choose foods that I like and that make me feel good.

Today, I will try to honor my body's signals of fullness.

Today, I will try to find an enjoyable way to move my body.

Today, I will try to look kindly at my body and treat it with love and respect.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



PCOS Challenge
THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION