



POLYCYSTIC OVARY SYNDROME (PCOS) AND MOOD & EMOTION REGULATION

- PCOS can lead to a higher chance of feeling depressed, anxious, or having mood swings.
- Changes in hormones and insulin resistance can affect emotions and mood.
- Using proven coping strategies can help prevent and manage difficult feelings.



STEPS YOU CAN TAKE



KEEP TRACK OF YOUR SYMPTOMS RECENTLY, HAVE YOU BEEN:

- | | |
|---|--|
| <input type="checkbox"/> Feeling down, depressed, or hopeless. | <input type="checkbox"/> Having thoughts of self-harm or suicide. |
| <input type="checkbox"/> Had little interest or pleasure in doing things. | <input type="checkbox"/> Using alcohol or drugs often. |
| <input type="checkbox"/> Feeling nervous, anxious, or on edge. | <input type="checkbox"/> Struggling to do well at home, work, or in relationships. |
| <input type="checkbox"/> Not able to stop or control worry. | |

If YES, getting support and trying new coping strategies can really help.



PRACTICE MINDFULNESS:

Mindfulness means paying attention to the present moment and accepting your feelings, thoughts, and body sensations without judging them

Observe & Describe: Pay attention to what is going on inside you and around you

Participate Fully: Get involved completely in what you're doing and avoid distractions

Minimize Judgements: When judgments come up, like thinking something is "good" or "bad," try to just notice them. Focus on the facts instead, like saying, "My chest feels tight, and my thoughts are racing."

Do What Works: What result do you want? What small step or choice can you make right now to help you reach your goal?

For people with PCOS, practicing mindfulness can improve both physical and emotional well-being. It can also help you connect with your body and understand your needs in the moment.



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



PCOS Challenge
THE NATIONAL POLYCYSTIC OVARY SYNDROME ASSOCIATION



ACCESS SOCIAL SUPPORT AND THINK ABOUT PSYCHOTHERAPY

- ✓ Connecting with others is a great way to boost your mood and feel supported.
- ✓ Call, text, or plan a time to meet with people you know. You can also join a community group or volunteer to meet new people.
- ✓ If you have PCOS, psychotherapy can help you manage health concerns and support you in making healthy changes. You can ask your doctor or a loved one to help you find a therapist.



THINK ABOUT YOUR THINKING

Unhelpful thinking can lead to emotional stress and unhelpful behaviors, but you can practice changing your thoughts.

Notice Unhelpful Thinking:

Catastrophizing – Imagining the worst possible outcome, like thinking, “Because of PCOS, my health will only get worse overtime.”

Disqualifying the positive – Focusing only on the negative aspects of the world, yourself, or others, like saying, “Everyone else has it easier than me, and PCOS is causing too many problems in my life.”



TRY BEHAVIORAL ACTIVATION + PHYSICAL MOVEMENT

Behavioral activation means scheduling activities that can lift your mood and create positive feelings.

- Plan and schedule easy activities that are new, fun, social, active, enjoyable, and relaxing.
- Visit a new place in town, enjoy your favorite food or try a new restaurant, meet a friend, or read a magazine.
- Pay attention to and appreciate any improvements in how you feel after these activities, like better sleep, more energy, feeling relaxed, positive emotions, and a stronger connection with your body.
- Do your best to follow your planned activities, even on tough days.

Practice Helpful Thinking:

Use Coping Statements – “PCOS can be tough, and I am doing my best with support from others.”

Positive Self-Statements – “Some of my strengths are kindness, intelligence, and resilience.”

RESOURCES

1. [Behavioral Activation Schedule Example](#)
2. [Mindfulness Resources](#)
3. [Community Support through PCOS Challenge](#)
4. [Find a Therapy Provider on Psychology Today](#)
5. [Try an Adult DBT Group in the Denver Area](#)

Call **988** the nationwide **Suicide & Crisis Lifeline**, offering free and confidential counseling services and mental health resources 24/7.

<https://988lifeline.org/>



Scan for PCOS resource links



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