

Supporting a Loved One with Endometriosis



Navigating endometriosis can be difficult for people with endometriosis *and* their loved ones. Endometriosis affects everyone differently. Some people may struggle with pain, others with fertility, mental health challenges, or simply with navigating day to day life.

If you are supporting a person with endometriosis:

- **Take time to learn about endometriosis** so that you can better understand what your loved one is experiencing.
- **Ask what you can to do help.** Offering help reminds your loved one that they do not need to navigate everything alone. Offering a listening ear, practical support with errands, or joining them for appointments can make a big difference.
- **Listen.** Many people with endometriosis often feel like their symptoms or experiences are dismissed or unheard. You don't need to have solutions, just listening can be enough.
- **Provide accommodations.** If your loved one experiences chronic pain or gastrointestinal symptoms, they may need to adjust parts of their daily lives. Consider their physical limitations or ask about what would be easiest for them so that you can have quality time together.
- **Use endometriosis as an opportunity for exploration.** Endometriosis can impact romantic relationships. Exploring new ways for connection and intimacy can be a fun opportunity to learn more about your bodies and what brings you both joy.
- **Advocate.** Advocacy can include attending appointments with loved ones and raising awareness about endometriosis.

To learn more visit
yourperiod.ca/endometriosis

