When endometriosis leaves you worn down

A little room for your needs, your words and your next step.



Pain, tiredness and the effort of managing appointments can leave little room for anything else. You might feel frustrated, worried, sad or simply fed up. Try one idea if it fits; leave the rest. [1]
This sheet includes words you can borrow, because talking with someone you trust, or with a professional, can make difficult things feel more manageable.

Your pain is real

Support for your feelings belongs alongside care for your physical symptoms. It does not mean the pain is imagined. You do not have to put a positive spin on a difficult day. [1]

1 Start with one need

Choose one difficulty: a task that is too much today, a conversation you are dreading, or something you want your care team to understand.

The hardest part today is...

One thing I would like help with is...

2 Make a small, specific request

"Could you pick up a few groceries? Standing in the shop is difficult today."

"I would like company, but a long visit is too much. Could we keep it short?"

"Please listen for a few minutes. I am not looking for suggestions just now."

Share only what feels right

You can explain what you need without sharing details about periods, sex or fertility. Choose someone you feel safe talking to. Needing help is not a failure.

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You deserve support with the whole experience

Preparing for care, and finding people who understand.

3 Bring your priorities to an appointment

Note when symptoms happen, how they affect daily life, what you have tried and your most important question. A brief symptom diary may help; it need not be perfect. [2, 3]

Words you can borrow

"Pain and fatigue are affecting my sleep and work. I would like help with the symptoms and with how worn down I feel."

"What are the next steps? Who should I contact if symptoms change or the plan is not helping?"

Find support that suits you

Ask your GP (family doctor) or care team for help if low mood, anxiety or exhaustion persists or makes life difficult. Endo Ireland (endometriosis.ie) lists support in Ireland; elsewhere, ask your care team about local groups. You can seek help without making your story public. [1]

If symptoms change

Seek medical advice for new or concerning symptoms; do not assume every symptom is endometriosis. If you are or might be pregnant and have pelvic pain, seek urgent medical advice. Pelvic pain that is severe or worsening, or comes with fainting or heavy vaginal bleeding, needs emergency help: go to an emergency department or call your local emergency number. [4]

When you need someone to talk to, day or night

Samaritans 116 123 (Ireland, UK); text HELLO to 50808 (Ireland); call or text 988 (US, Canada); Lifeline 13 11 14 (Australia); elsewhere, findahelpline.com lists free helplines. For urgent advice, contact your GP, out-of-hours service or care team. Immediate danger: use the emergency numbers below. [5]

Sources and further reading

Original prompts, informed by the guidance below. Choose what fits; these are not tested treatments.

1. HSE: living with endometriosis (www.hse.ie)
2. HSE: preparing for assessment (www.hse.ie)
3. Irish national endometriosis guideline (2025) (www.rcpi.ie)
4. NHS: pelvic pain and urgent help (www.nhs.uk)
5. HSE: urgent mental health support (www2.hse.ie)

Sources checked 3 October 2026. Independent resource; no endorsement implied. Support lines checked 25 October 2026.

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