



THE  
JOURNAL

WHERETOGOWITHENDO

When it comes to  
managing  
Endometriosis...



KNOWLEDGE IS POWER.



Non-toxic  
period products



hydrate  
with water +  
herbal tea



Gentle  
movement



allow time  
to rest



herbs +  
supplements



epsom salt  
bath

DATE

/ /

**GOALS TODAY**

Write down your goals for the day...

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**TO-DO LIST**

Quick tasks, groceries, appointments...

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**FREE THOUGHTS**

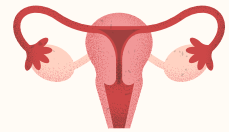
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# PERIOD TRACKER



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## THE RANGE OF MY SYMPTOMS

Spotting

Light

Medium

Heavy

Acne

Cramps

Cravings

Fatigue

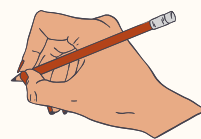
Headache

# MEAL PLANNER



	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# BODY CHECK



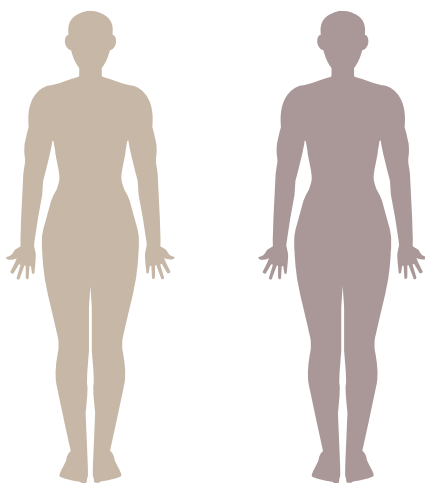
Date \_\_\_\_\_

Am I feeling bloated or sore?

How does my body feel?

Is there anything I can do to improve my diet?

Mark if I feel any pain



FRONT

BACK

Which foods should I eat more of?



How is my mood today?

# MEDICATION



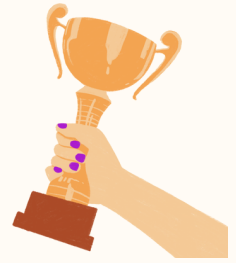
Your appointed clinician:

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Is your medication working for you? Keep a log and assess whether it's time to try something new.

Time	Medication/Dose	Does it offer relief?	Any side effects?

# AFFIRMATIONS



Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Water intake:



MOOD



ANGRY



TIRED



SAD



HAPPY



EXCITED

This weeks goals:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today's affirmations

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For tomorrow:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# BREATHOLOGY FOR BEGINNERS



- 1 Find a comfortable quiet place to sit or lie down.
- 2 Close your eyes and take a few deep breaths in through your nose and out through your mouth, exhaling slowly.
- 3 Start to breathe in through your nose for a count of four, then hold your breath for a count of four.
- 4 Exhale slowly through your mouth for a count of six and allow your breath to extend throughout your body.
- 5 Repeat this cycle of inhaling for four, holding for four, and exhaling for six, for a few minutes or until you feel your muscles relaxing, from head to toe.

Focusing on your breath will help you to shift your focus to a calmer mind, while loosening the tension in your joints & muscles.

