CLÍNICA VIVALDI · FREE SHEET · DEPRESSIVE

Premenstrual dysphoric disorder

Intense emotional symptoms (irritability, sadness, anxiety, mood swings) in the week before menstruation, which improve a few days after onset and affect daily life.

COMMON SIGNS

- Intense irritability or sadness before your period
- Anxiety or feeling out of control
- Improves when your period starts

TIPS FOR YOU

1. Track symptoms over two cycles
2. See a gynaecologist and a psychologist
3. Exercise, sleep and cutting down on caffeine and alcohol

FOR FAMILY AND FRIENDS

1. Plan together for the hardest days of the cycle
2. Validate her distress: she isn't "exaggerating"

WHEN TO ASK FOR HELP

1. If the symptoms affect work or your relationship
2. If thoughts of death appear on those days: 024

TO OBSERVE AND NOTE DOWN

☐ Before my period I feel very irritable
☐ Before my period I'm very sad or cry easily
☐ Before my period I feel very anxious or tense
☐ Before my period I have sudden mood swings
☐ On those days I have lots of conflicts with others
☐ I find it hard to concentrate on those days
☐ The symptoms improve when my period starts
☐ It happens in most cycles

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-disforico-premenstrual
- Free guide: Depression: clinicavivaldi.com/en/guia-depresion
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112