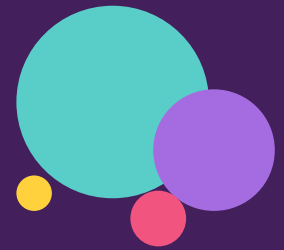


Endometriosis at Work



Invisible symptoms. Real workplace impact.

PAIN

FATIGUE

BRAIN FOG

Support starts with understanding.

Endometriosis can affect energy, concentration, movement and attendance. Symptoms may be unpredictable and are not always visible.

1 LISTEN

Thank the person for speaking up.

2 ASK

Focus on what would help at work.

3 SUPPORT

Explore practical options and follow up.

A SUPPORTIVE RESPONSE CAN BEGIN WITH:

“Thank you for telling me.”

“What support would make work more manageable?”

You do not need to disclose every medical detail to ask about support.

Resources: endometriosiscanada.org | admin@endometriosiscanada.org