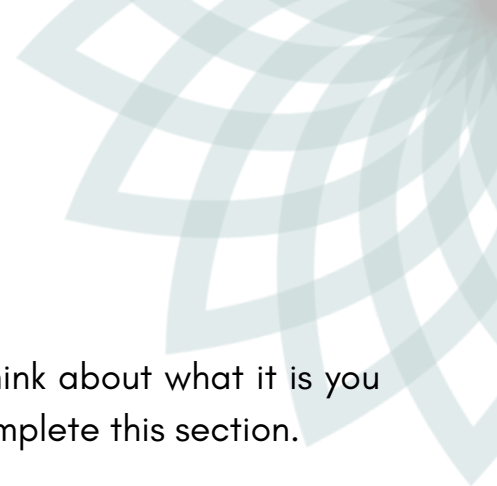


# PMDD ACTION PLAN



## TRIGGERS

Identify your triggers and fill in each of the blocks next to that trigger. Take your time and think about what it is you struggle with most. Some people find it useful for a trusted friend or loved one to help you complete this section.

<i>Trigger</i>	<i>How I Feel</i>	<i>What I Think</i>	<i>What I Do</i>	<i>What Helps</i>

## “SHARING THE LOAD”

If you have a partner or live with family, this sheet is to help you work with them (in advance) to plan out what they can do to help when PMDD hits. This section will help:

- Plan who can do what to help...and when.
- Decide ahead of time what you feel capable of managing and what you often struggle with. When you're not in PMDD mode, the load can be redistributed.

An example could be, *"I can handle cooking most nights, but I can't manage to cook, do the dishes, get the kids ready for bed, and walk the dog. Partner with PMDD will cook, then walk the dog (good exercise too!), and then the partner will do the dishes then get the kids ready for bed"*. Know that these may change from day to day depending on the ability of the PMDD sufferer, but remember the idea is to “share the load” and communicate your needs. Remember, they won't know if you don't tell them!

<i><b>What I can do</b></i>	<i><b>What my Partner/Family can do</b></i>

## SUPPORT (FOR YOU)

This section will help you plan ahead of time who you can reach out to for support when you are feeling overwhelmed and need someone to talk to. Often in those dark times, it is hard to think straight, so having this information in advance can make it easier to get the support you need.

<i>People / Groups I can rely on</i>	<i>Activities I can do</i>

NOTES:

## SUPPORT (PARTNERS/LOVED ONES)

If you have a partner or loved one that supports you, then this page is for them. It can be difficult to see your loved one hurting, and often the supporters may need a bit of support too. This page is helpful for them to fill out in advance too - to jot down notes and ideas for if and when they need them.

<i>People / Groups I can rely on</i>	<i>Activities I can do</i>

### FREE RESOURCES

IAPMD offers free peer support to anyone affected by PMDD and/or PME (including parents, partners, and loved ones).

Visit [iapmd.org/peer-support](https://iapmd.org/peer-support) to find out more.



Video Support Groups



Email Support



INSPIRE Forum



7 Support Groups 24/7