

My

PMDD

Symptom Tracker



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# PMDD & You

## What is PMDD?

Premenstrual Dysphoric Disorder (PMDD) is a mood disorder, that is characterized by cognitive, emotional, and physical symptoms that are present 7-10 days prior to the menstrual period (bleeding).

## Diagnosis:

Unfortunately, there no blood test that can diagnose Premenstrual Dysphoric Disorder (PMDD). But you should have them performed to rule out any other biological disorder.

Due to the lack of testing to diagnose PMDD tracking your symptoms is crucial. Written evidence with dates, over a length of time, is difficult to dispute. Especially if there is a distinct pattern to the data.

Once you have tracked your symptoms for 3 months or more, take your data to a physician. Preferably, an OB\_Gyn and/or a psychiatrist that specializes in mood disorders.

# How To Use:

Once you have tracked your symptoms for 3 months or more, take your data to a physician. Preferably, an OB\_Gyn and/or a psychiatrist that specializes in mood disorders.

Using the following symbols track your symptoms for every day for three months or more. Make sure to start on the First day of your Menses (period).

**N: None M: Moderate S: Severe**

After seeing Medical Provider and receiving a diagnosis, keep tracking your symptoms. It will help you to see how effective the treatment is and if it is really working to reduce or eliminate symptoms.

It is crucial that you get to know and trust your body. They may be a chance that you will have to be an Advocate for yourself. Additionally, knowing will help you to be better prepared when PMDD symptoms arrive. It will also be an aide to advise those around you, especially your partner, that you are in PMDD Days.

Symptoms	Date	1	2	3	4	5	6	7
Anxiety/Nervousness								
Sadness/Extream								
Hopelessness								
Anger / Rage								
Loss of Intrest								
Brain Fog/ Inattentiveness								
Tension/ Feeling on Edge								
Overwhelmed								
Fatigue								
Insomnia								
Binge Eating/ Cravings								
Bloating								
Suicidal Thoughts								
Thoughts of Self Harm								

You Are Beautiful

Symptoms	Date	8	9	10	11	12	13	14
Anxiety/Nervousness								
Sadness/Extream								
Hopelessness								
Anger / Rage								
Loss of Intrest								
Brain Fog/ Inattentiveness								
Tension/ Feeling on Edge								
Overwhelmed								
Fatigue								
Insomnia								
Binge Eating/ Cravings								
Bloating								
Suicidal Thoughts								
Thoughts of Self Harm								

You Are Strong

Symptoms	Date	15	16	17	18	19	20	21
Anxiety/Nervousness								
Sadness/Extream								
Hopelessness								
Anger / Rage								
Loss of Intrest								
Brain Fog/ Inattentiveness								
Tension/ Feeling on Edge								
Overwhelmed								
Fatigue								
Insomnia								
Binge Eating/ Cravings								
Bloating								
Suicidal Thoughts								
Thoughts of Self Harm								

You Are Powerful

Symptoms	Date	22	23	24	25	26	27	28
Anxiety/Nervousness								
Sadness/Extream								
Hopelessness								
Anger / Rage								
Loss of Intrest								
Brain Fog/ Inattentiveness								
Tension/ Feeling on Edge								
Overwhelmed								
Fatigue								
Insomnia								
Binge Eating/ Cravings								
Bloating								
Suicidal Thoughts								
Thoughts of Self Harm								

You Are Loved

Symptoms	Date	29	30	31				
Anxiety/Nervousness								
Sadness/Extream								
Hopelessness								
Anger / Rage								
Loss of Intrest								
Brain Fog/ Inattentiveness								
Tension/ Feeling on Edge								
Overwhelmed								
Fatigue								
Insomnia								
Binge Eating/ Cravings								
Bloating								
Suicidal Thoughts								
Thoughts of Self Harm								

You Are Worthy



# End Of Month Notes

Total Days Of PMDD Symptoms:

First Day of Menstruation/Period:

Last Day Of Menstruation/Period:

Did you have any of the symptoms during ovulation?

If yes, How many days total?

## Additional Symptoms or Comments

# You Are Not ALONE

PMDD sister you are not alone in your struggle. I am here for you for whatever you may need. I have set up a Private Facebook Group that you can join to connect with other women that suffer from PMDD and me.

In your darkest of days know that you are loved by our God. His love is never-ending and everlasting. Though we may have to live with the symptoms of PMDD for the rest of our life, we don't have to do it alone. He can be your strength when you are weak and your shelter when you need rest.

Most of all I want you to know that no matter who you are I love you and you matter to me. I love you on your good days, and I will still love you on your sick days.

We are PMDD sisters for life, and I hope that you will join my Facebook Group so that I can get to know you and encourage you.

Please get Medical Help once you have established a pattern. Treatment is available, and it can help you to live a less symptomatic life. I have attached additional resources for you.

# You Are Not ALONE

You can do this it is all temporary, and there is always hope.

I love you, and You Matter to Me!

Wilmari Eckerson



Wilmari Eckerson

# Resources

International Association for Premenstrual  
Disorders

<https://iapmd.org/>

Me v PMDD

<https://mevpmdd.com/>

Vicious Cycle

<http://viciouscycleuk.blogspot.com/>

National Association for Premenstrual  
Syndrome | NAPS

<http://www.pms.org.uk/>

<https://www.wilmarieckerson.com>