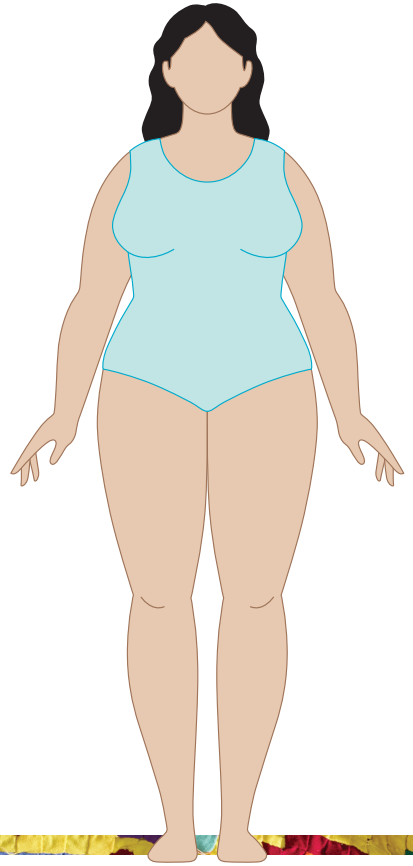
See and listen to your body

Your body speaks in many ways—through feelings, changes, and sensations—but saying these things can be difficult. Use the body map below to capture it in your way.

How to use your Body Map

- Take a moment to think about how your body felt over the past few weeks
- Circle or shade areas where you feel pain, discomfort, or something new
- Write your experiences and trust your instincts—no detail is too small or not worth noting



My thoughts, my space

This page is yours. Use it to write down anything that matters to you—feelings, reflections, reminders, or things you want to share with your doctor or loved ones.

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Any information provided on the website should be discussed with a health-care professional and does not replace a healthcare professional's advice

This leaflet is intended for NZ audiences only.

GSK

My strength is my story

A personal diary

Track your health and make notes to bring to your next doctor's appointment or share with friends and family.

Your health.
Your voice.
Your power.

This diary is your space to jot down changes, track symptoms, and write questions. It's designed to help you feel confident and informed when talking to your doctor or sharing with loved ones.

Every note you make is a step towards understanding your body and taking charge of your health.

How to use this diary

- Write down anything unusual you've been experiencing recently. For example, pain, bloating, bleeding, fatigue
- Use the body map to note areas where you feel discomfort that are difficult to describe
- Note how you're feeling, and the support system you have in place.

Need support but not sure where to start?

Scan the QR code for a list of trusted gynaecological cancer support services:

Write down your body language

Every symptom tells a story. This table below is your space to capture those signals, **so nothing gets overlooked.**

Date	What are you experiencing	How much is it bothering you (1-10)	Notes