

How To Take Care of your Period.

**A manual for the how-to's, facts, and support
for learning about your period.**

A Note

If you are reading this pamphlet, you either have your period or you're interested in learning more about periods. Either way, welcome! The information in this booklet is intended to support you in every way possible. If you are nervous about experiencing your period, or you are experiencing it currently, you got this! Every person who menstruates around the world is rooting for you throughout your cycle – we are all on your team. If you have any questions about periods, we hope this book will provide the answers. If you need information not included in this booklet, please refer to the list of sources below. These sources offer information supported by medical understanding and expertise. Just a reminder: you are so strong and capable of anything. Take care of yourself!

Additional Resources:

1. For medical information: search the Cleveland Clinic, Planned Parenthood, or Mayo Clinic!
2. For tutorials or care information: search Period.org or The Period Education Project

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Period Product Recommendations

We understand the feeling of being completely lost with what period products to buy. To support this, here are some products we trust:

For lighter flows,



Look for pad and tampon products that note light absorbency and smaller size.

For regular/medium flows,



Look for pad and tampon products that note regular-high absorbency.

For heavier flows,



Look for pad and tampon products that note high absorbency and larger/longer sizes

For sleep,



Use a pad product one size up (length) than you usually do in the day to sleep through the night leak-proof. Period underwear is also helpful for comfortable sleep!

Menstrual Product How-To's:

Pads:



Wash your hands first. Take the pad out of its wrapper and peel off the sticky strip. Press the sticky side onto the middle of your underwear, not onto your body. Pull your underwear on and make sure the pad feels comfortable and secure. Some pads have “wings” that fold over the sides of your underwear to help keep it in place.

Tampons:

Wash your hands first. Remove the tampon from its wrapper. Some have a smooth tube (called an applicator), which helps make it easier. Sit on the toilet or stand with one leg raised. Gently place the tampon at the opening of your vagina and push it in slowly (using the applicator or your finger, depending on the type). The string should stay outside your body—this is how you remove it later. If it feels uncomfortable, it may not be in far enough. A tampon should feel comfortable once it's in place.



Period Underwear:



Put it on like regular underwear. Wear it during your period to absorb the blood. When it feels wet or after several hours, change into a clean pair. Do not wear the underwear again until it is cleaned. After taking it off, leave the underwear somewhere where blood leakage will not damage anything

Nutrition During Your Period

Menses Phase: This is when your uterine lining is shedding, and you are bleeding.

Key Nutrition:

1. High protein



What Foods?

Chicken, meat, eggs, beans, cheese, nuts

2. High fiber



Vegetables, fruits, oats, and lentils

3. Fatty acids



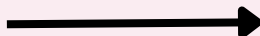
Fatty fish (salmon/mackerel), nut, seeds, avocado, oils

4. Iron-rich



Red meat, beans, lentils, spinach, dark chocolate

5. Vitamin K and Vitamin C



Leafy greens, broccoli, brussels sprouts, oranges, grapefruits, kiwi



Follicular Phase: Your body restarts the reproductive cycle, your endometrium begins to thicken again, and your ovaries grow new eggs

Key Nutrition:

1. Magnesium



What Foods?

Nuts, seeds, leafy greens, beans, and dark chocolate

2. Complex carbs



Whole grains (rice, oats, quinoa), starch vegetables (potato), fruits

3. Lean proteins



Chicken, white fish, egg whites, yogurt, beans

4. Fermented Foods



Yogurt, kimchi, kefir, miso, saurkraut



Nutrition During Your Period

Ovulation Phase: Your ovaries release your eggs into your fallopian tubes for fertilization.

Key Nutrition:

1. Healthy fats



What Foods?

Fatty fish (salmon/mackerel), nuts, seeds, avocado, oils

2. High fiber



Vegetables, fruits, oats, and lentils

3. Lean proteins



Chicken, white fish, egg whites, yogurt, beans

4. Antioxidants



Berries, dark greens, nuts, spices, avocados, dark chocolate



Luteal Phase: Your ovaries release your eggs into your fallopian tubes for fertilization.

Key Nutrition:

1. Healthy fats



What Foods?

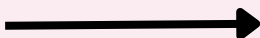
Fatty fish (salmon/mackerel), nut, seeds, avocado, oils

2. Magnesium



Nuts, seeds, leafy greens, beans, and dark chocolate

3. Protein



Chicken, meat, eggs, beans, cheese, nuts

4. High fiber



Vegetables, fruits, oats, and lentils

5. Complex Carbs



Whole grains (rice, oats, quinoa), starch vegetables (potato), fruits

6. Natural sugars



Fruits, dairy products, honey, maple syrup, root vegetables



Nutrition During Your Period

Recipes

#1) Banana Oat Muffins

Ingredients (1 bowl!)

- 2 ripe bananas (mashed)
- 1 egg
- ¼ cup melted butter or oil
- ¼ cup milk (any kind)
- 1 cup oats (rolled or quick)
- ½ cup flour (any)
- 1 tsp baking powder
- ½ tsp cinnamon
- Optional: chocolate chips or nuts

Instructions

1. Heat oven to 180°C / 350°F
2. Mix everything in one bowl (no mixer needed)
3. Spoon into muffin tin
4. Bake 18-22 minutes
5. Cool slightly, then eat warm



Bananas provide vitamin B6 that helps with bloating and even out your hormones. The oats have magnesium and iron. Both are important for cramps and energy. The Eggs have vitamin D and protein

#2) Dark Chocolate Berry Brownies

Ingredients

- ½ cup dark chocolate chips
- ¼ cup butter or oil
- ¼ cup sugar (or honey/maple syrup)
- 1 egg
- ½ cup flour
- 2 tbsp cocoa powder
- ½ tsp baking powder
- Handful of frozen or fresh berries

Instructions

1. Heat oven to 180°C / 350°F
2. Melt chocolate + butter together
3. Stir in sugar and egg
4. Mix in dry ingredients
5. Fold in berries gently
6. Bake 20-25 minutes



Dark chocolate gives you iron and magnesium. The berries have vitamin C to help absorb the iron. The cocoa also has iron and serves as a mood boost

#3) Sweet Potato Cinnamon Cookies

Ingredients

- $\frac{3}{4}$ cup mashed sweet potato
- $\frac{1}{4}$ cup butter or oil
- $\frac{1}{4}$ cup brown sugar or honey
- 1 egg
- 1 cup flour (or half flour, half oats)
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp cinnamon
- Pinch of salt

Instructions

1. Heat oven to 180°C / 350°F
2. Mix wet ingredients
3. Stir in dry ingredients
4. Scoop small blobs onto tray
5. Bake 12–15 minutes



Sweet potatoes provide vitamin A and potassium, which support hormone balance and help reduce bloating and muscle cramps during menstruation. These cookies also contain magnesium and vitamin B6, which support muscle relaxation, energy levels, and mood regulation.

Movement During Your Period

Movement is so incredibly important for your body during any phase of your menstrual cycle!

WHAT IS CONSIDERED MOVEMENT?

Movement can be any activity where you are moving your body and releasing endorphins!

1. Walking
2. Yoga or pilates
3. School PE Class
4. Running
5. Dance
6. Sports
7. Jumping rope
8. Playing with siblings

WHY IS IT IMPORTANT PHYSICALLY?:

1. Movement strengthens your digestive muscles to enhance your gut circulation. This reduces prostaglandin stagnation in your stomach that cause cramps and inflammation.
2. Promotes oxygen and nutrient flow to your tissue, enhancing your cardiovascular system and boosting your energy.

WHY IS IT IMPORTANT EMOTIONALLY?:

1. Produces endorphins that serve as a positive mood booster and a natural pain killer.
2. Regulates hormone balance by metabolizing any excess estrogen (think of this like your liver is detoxifying additional hormones to prevent buildup).
3. Regulates the hormonal fluctuations that cause strong feelings of depression.

FUN MOVEMENT OPPORTUNITIES:

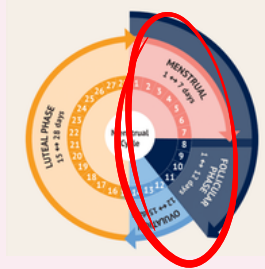
1. Taking a walk with a friend or family member
2. Creating a dance routine
3. Playing tag or hide-and-go-seek
4. Jumping rope
5. Walking to get dinner with family or friends
6. Playing movement games with your siblings
7. Cleaning your room or house
8. Stretching
9. Yoga

Athletic Training During Your Period

The phases of your cycle should be considered as factors of strength or fatigue when creating athletic training plans.

The Follicular Phase 11-27 days

This phase is when you are capable to train hardest. New PR here you come!



WAIT!

Because your menses phase happens during your follicular phase, you may feel tired during the beginning of the follicular phase because your hormones are lowest.

AFTER menstrual bleeding ends:

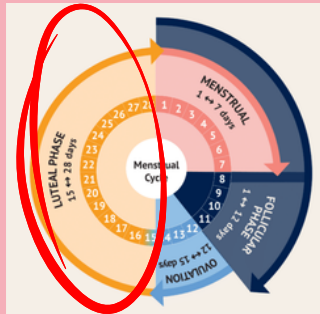
- Your estrone rises, boosting your mood and brain functioning
- The transitioning hormones boost your metabolism → stimulating a surge in physical energy and stamina
- Higher hormone levels help your body recover more quickly and efficiently because you
- Heaviest weights with most reps
- High intensity cardio
- Strongest body with best stamina
- Ideal for PR's

Athletic Training During Your Period

The phases of your cycle should be considered as factors of strength or fatigue when creating athletic training plans.

The Luteal Phase 10-17 days

This phase is when you should give your body more rest and recovery time



→ **This is when your body is preparing for reproduction. If your eggs are not fertilized, then your menstrual cycle will continue routinely**

During Your Luteal Phase:

- Your hormone levels drop lower, causing a decrease in energy
- Laxity changes in ligaments increase injury
- Changes in your brain chemicals and hormones cause premenstrual syndrome:
 - Joint/muscle pain
 - Acne flare-ups
 - Bloating
 - Constant anxiety or sadness
 - Food cravings
 - Insomnia
- Yoga and stretching
- Light walks
- Mobility/technique training
- Focus on recovery

Premenstrual Syndrome (PMS)

WHAT IT IS

PMS is a combination of symptoms women get 1-2 weeks before their period. It results from changing hormones and chemical shifts in the brain. 90% of people with periods experience a variety of PMS symptoms.



SYMPTOMS

Physical:

- Acne
- Bloating and weight gain
- Joint and muscle pain
- Tiredness
- Digestion issues

Behavioral

- Mood swings
- Anxiety
- Insomnia
- Appetite changes and food cravings
- Bad concentration

PMS is extremely common in menstruators, so if you feel any of these symptoms, you are likely experiencing PMS. Incorporating nutrition cycle-syncing and movement can alleviate these symptoms!

Premenstrual Syndrome (PMS)

A list of common PMS symptoms with specific things you can do to alleviate them!

1. Tiredness:

→ Iron loss + hormone shifts lower energy.

- Eat slow carbs + iron (sweet potato, oats, eggs) instead of sugar alone
- Nap or lie down without guilt

2. Cramps + Bloating:

→ Stomach muscle work and hormones that hold water lead to belly pains and augmentations

- Drink warm water or ginger tea
- Eat potassium-rich foods (banana, sweet potato)
- Use a heating pad or hot shower
- Eat magnesium-rich foods (oats, dark chocolate)
- Gentle stretching, even in bed

3. Mood Swings:

→ Fluctuating hormones affect brain chemicals like serotonin

- Eat regularly (especially carbs + protein together)
- Give your mind and emotions grace during the day
- Do something that brings you comfort

4. Headaches:

→ A natural drop in estrogen levels increases pain sensitivity

- Drink water + add a pinch of salt or electrolyte
- Eat regularly (don't skip meals)
- Rest eyes and dim lights

5. Back Pains:

→ Prostaglandins cause muscle tension

- Heat on the lower back
- Gentle stretching or knees-to-chest pose
- Magnesium + rest



Mental Health & Menstrual Cycles

The hormones estrogen and progesterone regulate your period! These hormones, unfortunately, also control serotonin and mood swings. Therefore, during the menstrual process, when these hormones are constantly dropping and rising, your emotions can be constantly irregular, leading to mental health issues.

Premenstrual Syndrome (PMS): This can happen before your menses phase, and common emotional symptoms are depression, emotional irregularity, fatigue, and anger. **If you are feeling emotionally low before you begin to bleed, understand that your body could be reacting to PMS**

Premenstrual Dysphoric Disorder (PMDD): Severe version of PMS with increased mood swings, feelings of depression, or anxiety. **If your mental health is feeling intensely unstable 1-2 weeks before your period, this could be from a worsened version of PMS- PDD.**

Premenstrual Exacerbation (PME): When the symptoms of a pre-existing chronic illness get worse before your period (your luteal phase). **If any prior mental health concerns worsen during your menstrual cycle, it could be linked to PME.**

If you or someone you know ever has thoughts of self-harm or suicide, reach out to a trusted adult or call 988 to reach the Crisis Helpline

Self Care Tools & Activities

Self-Care is important to prioritize during your luteal and menses phases because your body is craving the additional rest and care. Taking time for yourself can benefit your mental and physical well-being.

Tools

1. Heating pad: This can provide comfort for cramp
2. Anti-inflammatory medication: Over-the-counter medicine can reduce the chemicals that cause cramping *do not take parent help!
3. Nutritious foods: Eating nutritiously and fulfilling-ly can help ease menstrual discomfort and stabilize mood



Acitivities

1. Meditation: Deep breathing reduces cortisol, lessening stress and anxiety
2. Journaling: Externalizes emotions and can help track what symptoms are related to your menstrual cycle versus general health
3. Movement: Releases endorphins
4. Social connection: Talking about emotions can reduce overwhelming feelings of isolation
5. Artistic expression: creating something can reduce cortisol and express emotions

To Remember

1. Your menstrual cycle is proof that your body is **healthy**— it means everything is **functioning** properly!
2. No two menstruators have the **same period**, please don't compare your cycle to others
3. Many, many people with uteruses in the world also have periods; **you are not alone!**
4. Your beautiful body understands your menstrual cycle better than your brain— **let it do what it needs to do!**
5. The more you **prioritize sleep and nutritious eating**, the easier it will be to handle your period!
6. Do not feel guilty giving yourself **more rest during your period**; your body is working hard!