

Let's Talk About... **Mental Health, Self Care, and Stigmas**

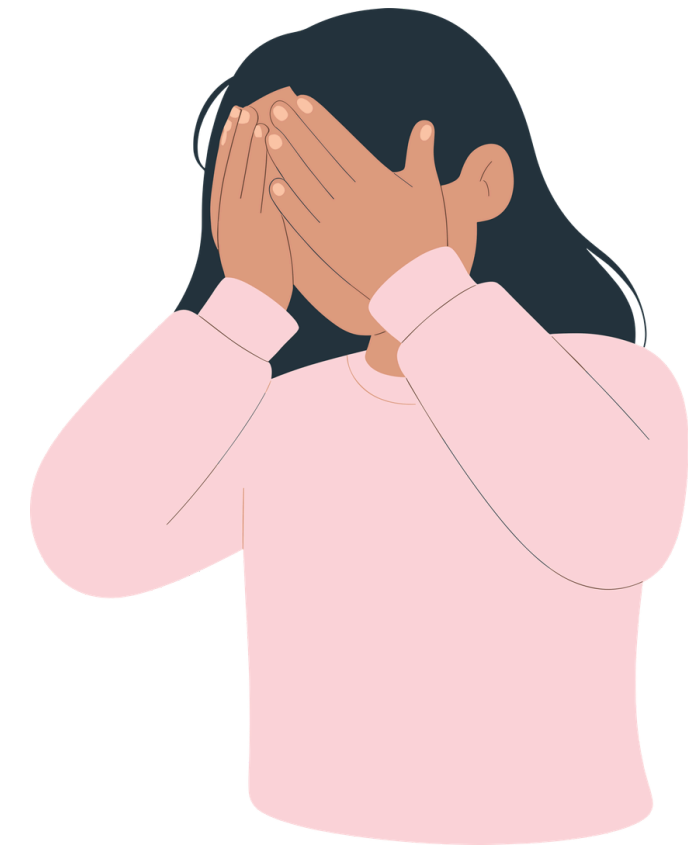
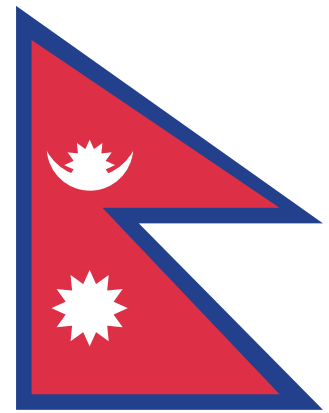
***A Guide to Help You Understand the Stigmas Surrounding Periods and How
They Affect Mental Health***

Stigma

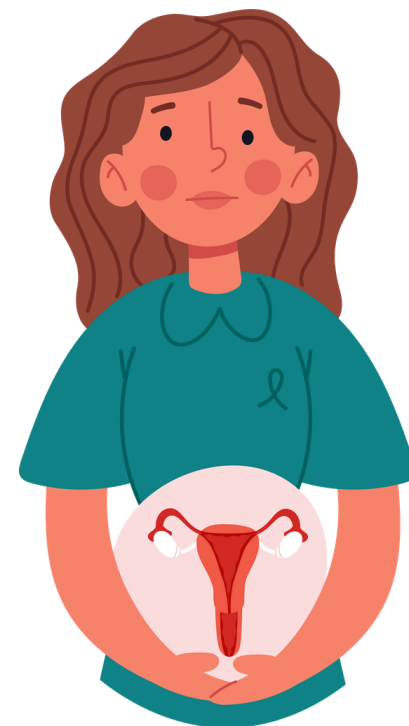
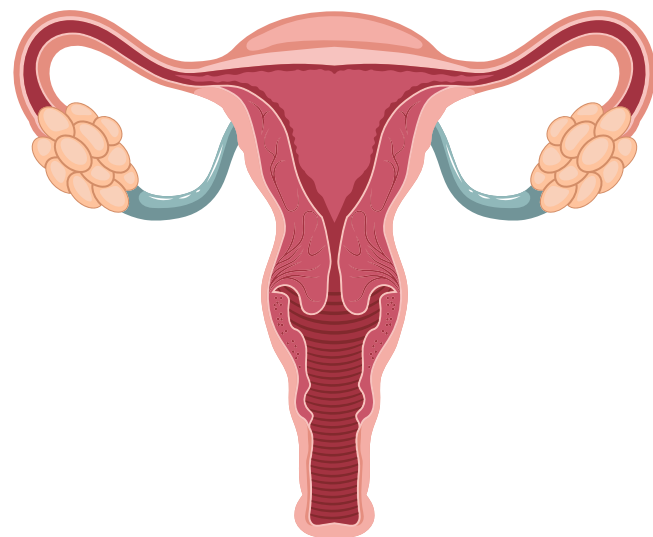
Oxford English Language defines a stigma as, “a mark of disgrace associated with a particular circumstance, quality, or person”

Menstruation is associated to various stigmas that distort the medical and biological truths.

Stigma #1: Menstruation is unclean



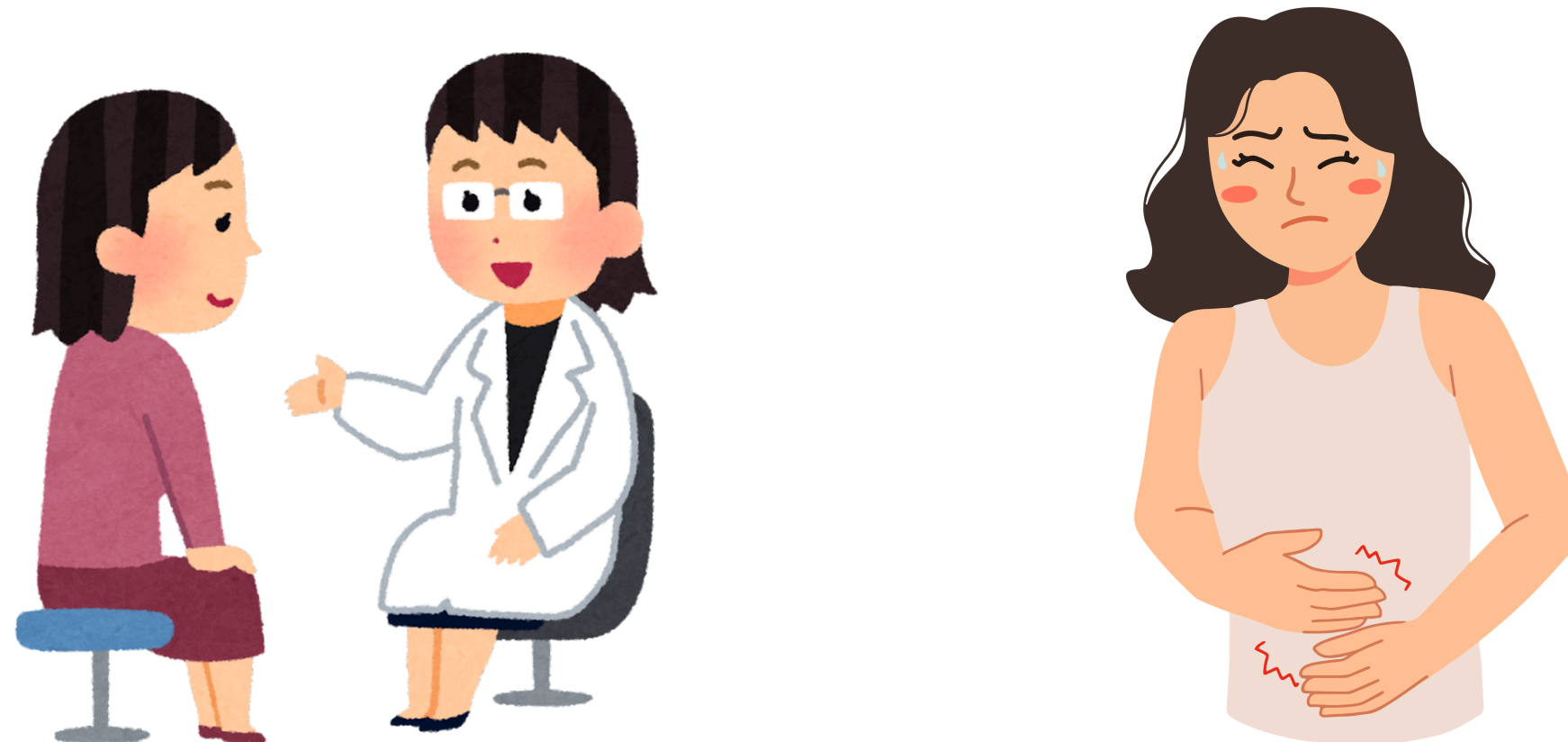
THE TRUTH:



Stigma #2: Constant menstrual irregularities are normal



THE TRUTH:



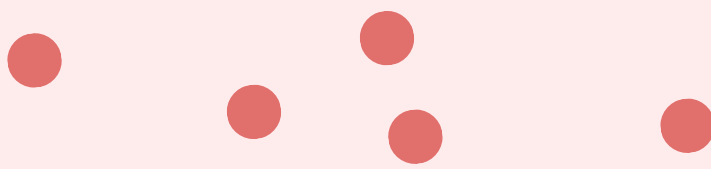
Menstrual Cycle Irregularities

Thyroid Disease

Endometriosis

**Polycystic Ovary
Syndrome**

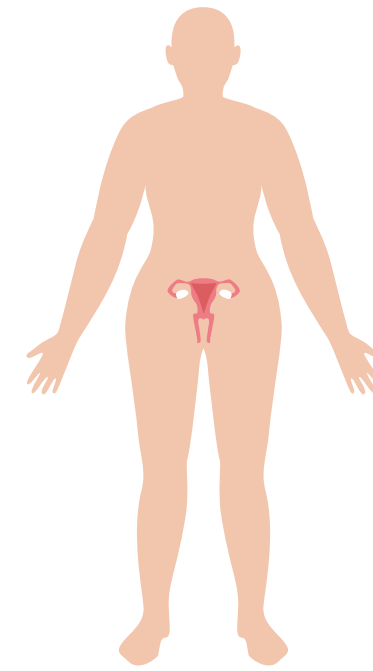
Cushing Syndrome



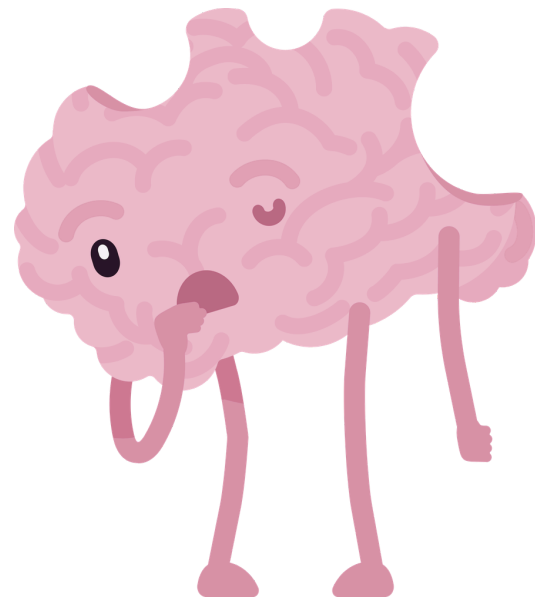
Question:

Name one menstrual cycle irregularity and relating health condition that could stem from it

Stigma #3: Menstruation only affects your physical wellbeing



THE TRUTH:



Mental Health During Your Menstrual Cycle

Premenstrual Syndrome (PMS): If you are feeling emotionally low before menses, your body could be reacting to PMS

Premenstrual Dysphoric Disorder (PMDD): If your mental health is feeling intensely unstable 1-2 weeks before your period, this could be from a worsened PMS- PMDD.

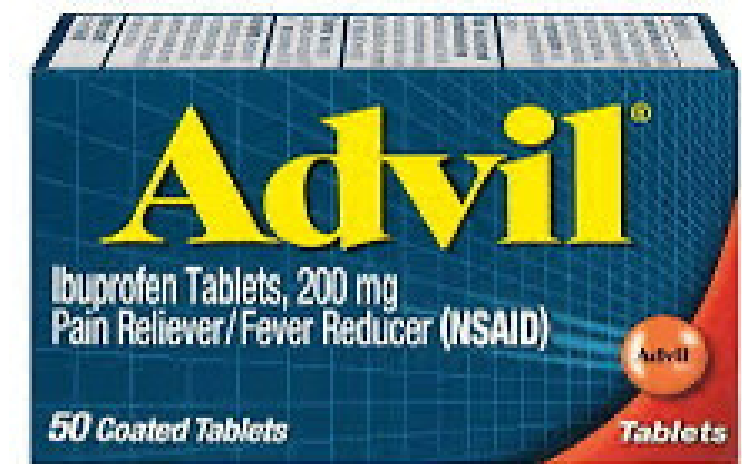
Premenstrual Exacerbation (PME): If any prior mental health concerns worsen before your period, it could be PME.

Menstrual Self-Care

Tools



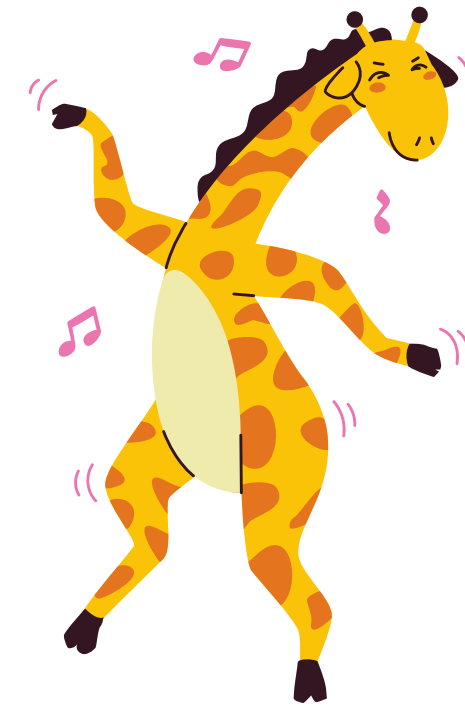
***do not take
without talking to
a parent or doctor!**



Activities



Social Connection



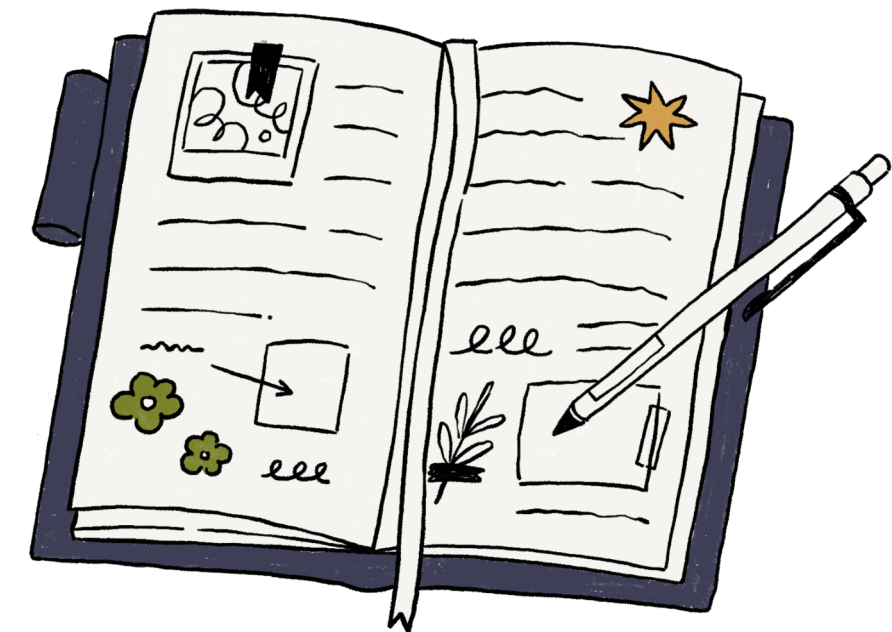
Movement



Meditation



Art



Journaling



Question:

What can you do to alleviate physical and emotional discomfort during your period?

KEY TAKEAWAYS:

1. There are many stigmas about how menstrual cycles should function and affect your body: fact-check what you're told and listen to professionals!
 2. Mental health can be affected by your menstrual cycle
 3. There are many ways you can alleviate physical discomfort and emotional changes- never give up hope in your body and mind
- Remember: **Menstruation is not only normal, but it is a celebration of the safety, health, and love you give to your body.**