



Mastering The Menstrual Cycle Workbook



THE WELL HQ
the team she needs



Call it what it is. **Period.**

Conversations about periods

for girls

Periods, hormones, breasts, bodies...

It's normal to feel a bit embarrassed talking about these things...

But not understanding what's happening in our bodies can become a barrier to feeling happy and healthy. During puberty, we don't want our bodies to hold us back.

The more you talk about these things, the easier it will become.

59%

of girls have lied about their period symptoms and only 20% talk to their teacher or coach

42%

of girls don't do sport when they are on their period

46%

of girls avoid exercise due to their breasts (but 50% don't wear a sports bra)

64%

of girls stop doing sport by the end of puberty

Let's change these stats!

What we (girls) can do

Use the right words: period, menstrual cycle etc.

If you're nervous about using them, practise saying them out loud, over and over again (maybe when you are on your own, in front of a mirror).

Avoid euphemisms

Don't use code word for something, like calling a period 'the time of the month' or 'bad days' or similar.

Period pain - just like a knee injury

If you're nervous of talking about period pain, imagine what you'd say if you had a knee injury - this conversation shouldn't be any different. 'I'm in pain every month when my period starts, it stops me wanting to exercise. Can you suggest anything that might help?'

Don't miss school, games or PE because of your period

Exercise is proven to help physical and emotional symptoms related to your cycle. If you really do have trouble with your periods or symptoms, and they interfere with daily life, ask for help.

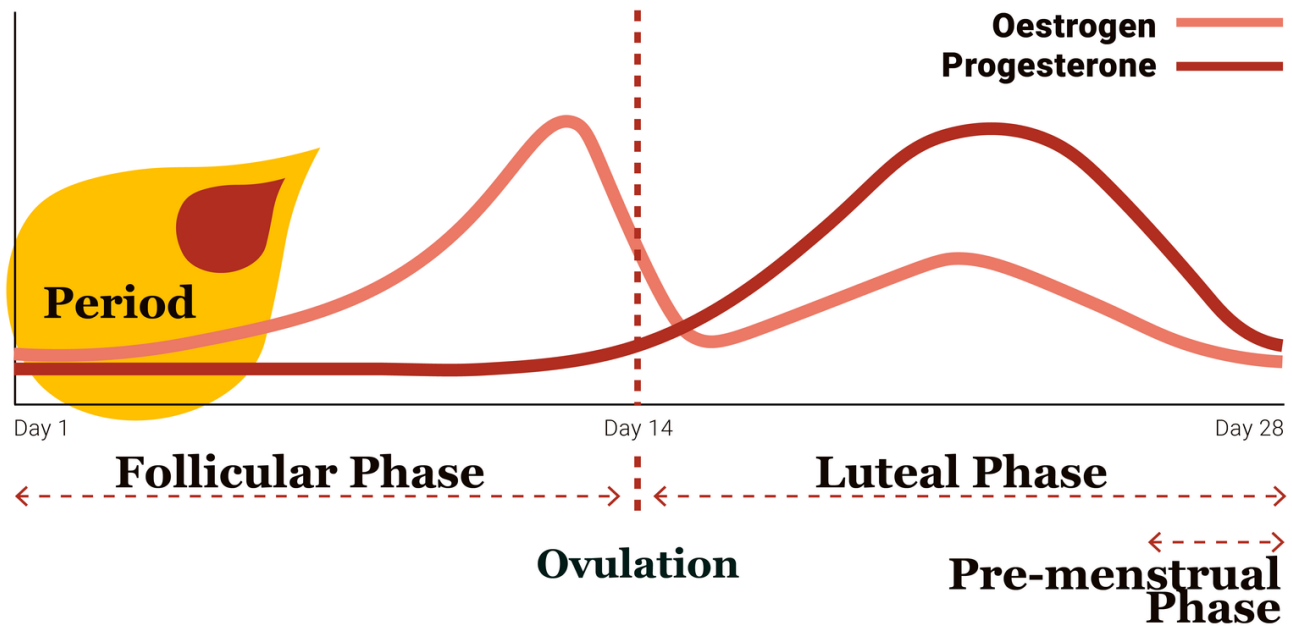
Call it what it is. Period

#SAYPERIOD



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Know your menstrual cycle



Late follicular phase

- Increased confidence
- More energy
- Sharper motivation to train
- Quicker/ more efficient recovery
- Improved muscle adaptation

The mid-luteal phase

- Gastro symptoms
- Altered appetite and food cravings
- Digestion slows
- Water retention
- Calmness

Pre-menstrual phase

- Pre-menstrual symptoms (e.g. headaches, fatigue, reduced motivation to train)
- Breast swelling / pain
- More susceptible to illness
- Emotionally fragile

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Caught Short Kit

1. Ingredients:



Wet wipes



Tampons, pads etc.



Packaging + Fab Little Bags* / disposal bags



Communication: posters/ messages ... tell people about it



2. Method:

Purchase supplies (roughly £5)

Decorate the box (optional), fill it with period products and place it in toilets/ relevant places.

Communicate they're there - make sure everyone knows these products are in place whenever required with no permission necessary.

Check periodically to refill and ask friends to help keep it stocked up.

Once you know its running costs (how often it needs to be refilled), engage your school / club/ gym / workplace and ask if they'll share that cost.



*fablittlebag.com



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Track your cycle

You can track with an **app**, **calendar** or **diary** ...
... the important thing is to stick with it



Why track?

No-one else out there (not your doctor, coach or physio) is going to master your menstrual cycle.

If you don't do it ...

As the world's leading expert in your cycle, you can tune into and protect your body; managing symptoms and identifying patterns.

Master your cycle and you can engage with your peers, coaches and physios at a much deeper level - where physiology meets performance.

Tracking should include:

● ● ● ● ●
Day 1
of cycle

● ● ● ● ●
Flow
light / medium / heavy

😊
Symptoms
emotional & physical

You can also track your:

Sleep
Quality, length

Training
Volume,
intensity, type

Quality
... of your
training

Motivation
... to train

Recovery
... time and
issues

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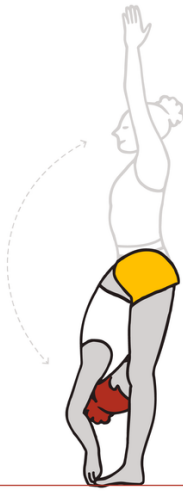


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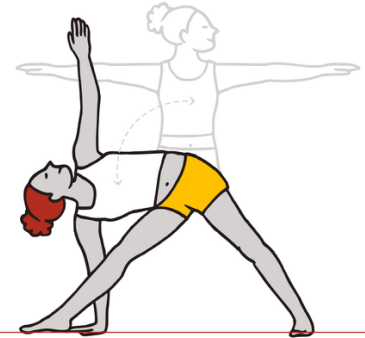
Yoga for cramps and PMS



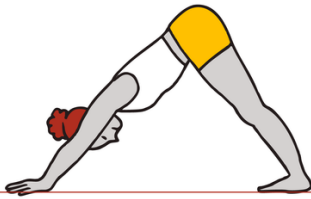
Padangushthasana



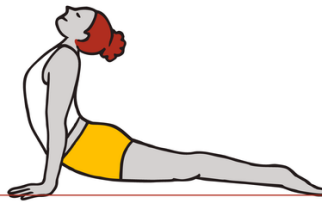
Virabhadrasana



**Utthita
Trikonasana**



**Adho-Mukha
Shvasana**



**Urdhva-Mukha
Shvasana**



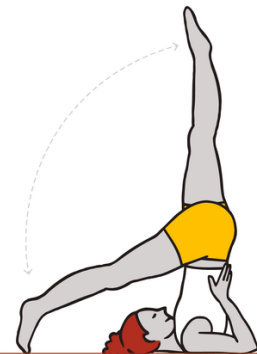
Maha-Mudra



Siddhasana



**Urdhva-Prasarita
Padasana**



**Eka-Pada
Sarvangasana**

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Period?

Lifestyle matters



PLANNING

Give or take, a healthy period is predicatable. You know it's coming. Know your symptoms (tracking helps) and you can trial ways to manage things like mood, pain, and discomfort. Make solutions predicatable too.



EXERCISE

Exercise has been shown to alleviate many menstrual cycle symptoms. Although heavy exercise can be uncomfortable on key days in the cycle, gentle movement such as walking and yoga can ease period pain.



SLEEP

The benefits of sleep in almost every area of life are well-documented, and sleep is another form of medicine for the menstrual cycle. Although adolescents should get 8-10 hours of sleep per night, studies show that half of active adolescents don't manage this.



DIET

Certain foods can exacerbate period symptoms. Common ones are sugar, dairy, alcohol and caffeine but each female is different. Stay mindful of the cause-effect relationship between what you eat and how you feel around your period.



VITAMINS

Managing period symptoms can be trial and error and if it helps it helps. Many women swear by vitamins, including magnesium, zinc, calcium and Vitamin D.



SPORTS BRAS

A common symptom of the menstrual cycle is breast pain / tenderness, for which the best solution is a wearing a well-fitting bra and a sports bra for exercise.

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Symptoms & solutions

Period pain

Encourage women to:

- **Use Ibuprofen:** take proactively and consistently
- **Exercise:** aerobic and yoga
- **Avoid triggers:** caffeine, alcohol, processed foods dairy - they can exacerbate symptoms
- **Increase vitamin intake:** Magnesium, Zinc, Turmeric



Heavy periods

Encourage women to:

- **Use Ibuprofen:** can reduce menstrual flow by up to 50%
- **Review nutrition:** Omega III, Turmeric, sometimes cows diary can be problematic
- **Consider contraceptives:** The Mirena IUD or other hormonal contraceptives can lighten or eliminate bleeding
- **Consider GP:** to test iron levels if they experience symptoms of low iron or anaemia

Headaches

Encourage women to:

- **Stay hydrated:** drink regularly throughout the day (monitor hydration - pale straw urine colour)
- **Review their nutrition:** reduce caffeine intake and eat regular meals and snacks to keep blood sugar levels stable



PMS

Encourage women to:

- **Exercise:** aerobic exercise and yoga
- **Review their nutrition:** gut health, avoid alcohol, caffeine
- **Increase vitamin intake:** Magnesium, Zinc Calcium and Vit D

Bloating

Encourage women to:

- **Review nutrition:** eat little and often, chew food well, have one portion of fruit at a time, avoid juices and smoothies
- **Stay on top of hydration:** use the pale-straw-colour urine check
- **Reduce:** salty and processed foods, avoid large meals
- **Exercise:** aerobic, yoga for digestive health

Breast pain

Encourage women to:

- **Review sports bra:** a good fitting bra can alleviate breast pain
- **Use a sports bra:** for activity (see our bra fit resources)



Fatigue

Encourage women to:

- **Eat energising food:** like brown rice, potatoes, parsnips, spinach, beetroot, lentils, chickpeas, all pulses.
- **Increase protein levels:** by eating plenty vegetables and wholegrain carbohydrates, eat regularly
- **Exercise:** yoga and low intensity aerobic exercise

Changes in bowel habits

Encourage women to:

- **Ensure regular meals:** and snacks,
- **Limit:** alcohol, caffeine, fizzy drinks and cut down on processed high fat foods (chips, crisps, chocolate)
- **Use fresh ingredients** and limit fruit to three portions per day

MY MENSTRUAL CYCLE

CYCLE LENGTH:

PERIOD LENGTH:

THINGS I NOTICE ABOUT MY PERIOD:

HOW DO I FEEL IN WEEK 2 OF MY CYCLE?

HOW DO I FEEL IN WEEK 3 OF MY CYCLE?

MY MENSTRUAL CYCLE

WHAT SYMPTOMS DO I GET IN MY
PREMENSTRUAL PHASE?

WHAT PARTS OF MY CYCLE MOST AFFECT MY
TRAINING, AND HOW?

WHAT THINGS COULD I TRY TO HELP ON THE
MORE CHALLENGING DAYS OF MY CYCLE?

