

Characteristics of the menstrual cycle

Each phase of the menstrual cycle is characterised by different levels of hormones that cause changes in the body. These changes can be **physical, emotional, mental and behavioural**. Complete the table below by placing symptoms from the word bank into the correct phase of the menstrual cycle. You can use each symptom more than once, or add some of your own.

WORD BANK

- Menstrual bleeding
- Cramps/pain/discomfort
- Improved concentration
- Tearfulness
- Food cravings
- Back/upper leg pain
- Tiredness
- Decreased energy
- Increased energy
- Mood swings
- Increased social activity
- Headaches
- Feelings of anxiety
- More stable emotions
- Feelings of depression
- Improved mood
- Withdraw from socialising
- Ability to do more exercise
- Lower motivation
- Overeating

	PHYSICAL CHANGES	EMOTIONAL AND MENTAL CHANGES	BEHAVIOURAL CHANGES
BLEEDING PHASE			
'BEFORE OVULATION' FOLLICULAR PHASE			
OVULATION			
'AFTER OVULATION' LUTEAL PHASE			

BRAINSTORM

1. Make a list of fears and feelings that come along with experiencing the changes throughout the menstrual cycle phases.
2. How might these changes impact someone's daily life?

THINK, PAIR, SHARE

- Highlight 5 of the changes on the table above that you think affect women most
- Compare your 5 selections with a partner
- In your pairs, brainstorm 1 positive and 1 negative way that someone might deal with the changes on both your lists

