

PERIOD DIARY 3

VISUAL PERIOD DIARY:

Create an artwork that reflects the way you feel on **THIS DAY** of your cycle and what you might need to feel better supported on this day. Here are some ideas:

- Use colours that reflect your mood
- Include words that reflect your dominant feelings or moods on this day of your cycle
- Include imagery that reflects what your body craves, desires or needs on this day (eg: more rest, time with friends, alone time, nourishing food, exercise and fresh air, etc.)

WRITTEN PERIOD DIARY: (alternative to the visual diary)

Write a diary entry that reflects on how you feel on **THIS DAY** of your cycle and what you might need to feel better supported on this day. Reflect on:

- Which phase you are in at the moment (if you're not sure, take a guess based on the signs and symptoms you've learned about so far in this course)
- The dominant feelings from this day you are experiencing
- Write down 2-3 things you feel like your body needs on this day (eg: more rest, time with friends, alone time, nourishing food, exercise and fresh air, etc.)

REFLECTION:

Write a commitment statement to yourself, committing to incorporate the things you've acknowledged in the previous exercise that your body needs to feel supported. What your body needs to feel supported may be different in each phase of your cycle, so you may want to write more than 1 commitment statement.

PERIOD PLAYLIST:

Make a playlist of songs to suit and support your different moods during your menstrual cycle. You might name your playlists according to the different phases of your cycle (sloth, lioness, peacock, cat).

