

Phases of the menstrual cycle

Characteristics of cycle phases

EXCERPT FROM
'THE BRIGHT GIRL
GUIDE' BOOK

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SLOTH PHASE

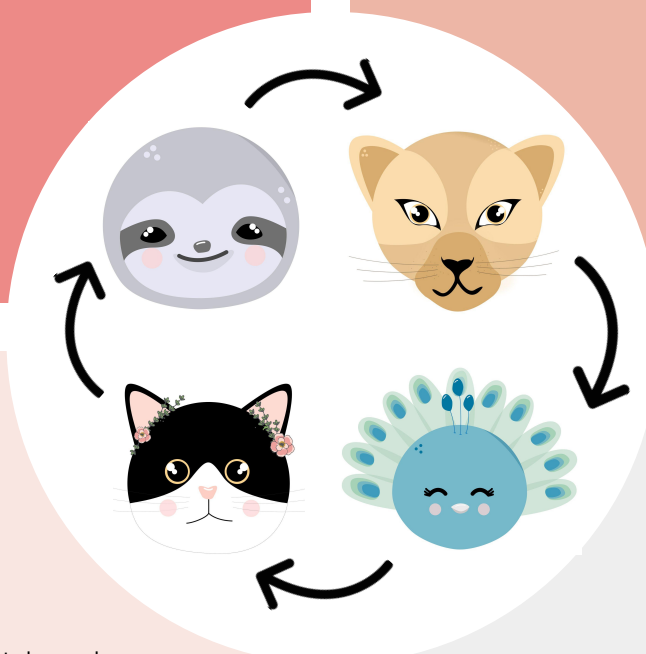
Menstruation/period bleed

- Includes the days of your period bleed
- Usually lasts 4-7 days
- May feel more tired, slow and inward focussed
- May feel the need for more rest at the beginning of this phase

LIONESSE PHASE

Before ovulation

- Starts immediately after your period bleed ends
- Lasts until ovulation time (the length of this phase can vary from person to person)
- May feel more energetic and strong
- May feel more happy and have more stable emotions in this phase



CAT PHASE

After ovulation

- Begins after ovulation has taken place
- Usually lasts 11-18 days. On average, this phase is 14 days leading up to your next period. This phase typically will not vary much in length
- May be characterised by PMS (premenstrual syndrome) symptoms

PEACOCK PHASE

Ovulation

- Roughly 1-3 days surrounding the time an egg is released from an ovary
- Ovulation is typically said to happen around cycle day 14. However, it doesn't always
- Some people may experience ovulation pain, ovulation spotting, or nausea
- May have increases in energy or improved mood

