

Phases of the menstrual cycle

Characteristics of cycle phases

EXCERPT FROM
'THE BRIGHT GIRL
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The menstrual cycle is not just when we're bleeding - it includes every day in between periods! There are 4 phases of the menstrual cycle. On any given day you are in one of these 4 phases (unless you're pregnant, using hormonal birth control, or haven't had your 1st period yet). The 4 animals below represent how we might feel as we move through these phases.

SLOTH PHASE

Menstruation/period bleed

- This phase is the days of your period bleed
- Usually lasts 4-7 days
- May feel more tired, slow and inward focussed (like a sloth)
- May feel the need for more rest at the beginning of this phase

LIONESSE PHASE

Before ovulation

- This phase is the time after your period ends
- Lasts until ovulation time (the length of this phase can vary from person to person)
- May feel more energetic and confident (like a lioness)
- May feel more happy and have more stable emotions in this phase

CAT PHASE

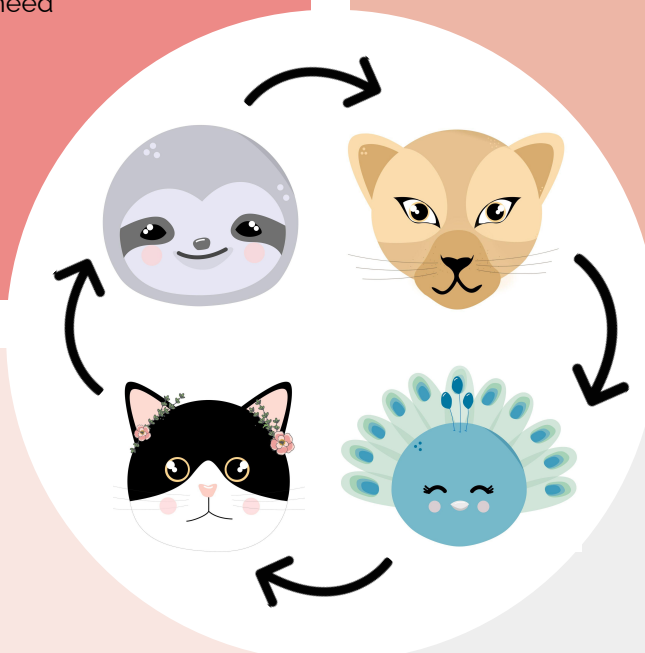
After ovulation

- Begins after ovulation happens
- Usually lasts 10-17 days. On average, it's ~2 weeks leading up to your next period. This phase typically will not vary much in length
- May be characterised by PMS (pre-menstrual syndrome) symptoms
- May experience mood swings (like a cat)

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 often doesn't. It can happen on different days each cycle.
- May have increases in confidence (like a peacock)
- Some people may experience ovulation pain, spotting, or nausea



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