

Phases of the menstrual cycle

Your period speaks

What might your period say if it could talk?
Maybe it would say something like...

"Wear the white pants, it will be fine... just kidding!"

"I heard you have a pool party this weekend... it would be a shame if I came and ruined it!"

"I bled all over your favorite underwear! Sorry not sorry"

Sometimes it can feel like our period is out to get us, or that the period symptoms we experience are just annoying. However, period symptoms can be a useful way the body communicates.

SIGNS AND SYMPTOMS: YOUR PERIOD'S LANGUAGE

Your body is intelligent and your period can give you *signs and symptoms* that act as an alarm or indicator to let you know an area of your health may need attention.

We might get frustrated at our body when we experience period symptoms like pain, acne, headaches, heavy bleeding or irregular periods. However, it's important that we recognise these symptoms as the body's way of communicating. We should listen to these signs and symptoms instead of getting angry about them.

Signs and symptoms are things you CAN SEE that tell you about things you CANNOT SEE.

| WHAT WE CAN SEE (Sign or symptom) | WHAT WE CAN'T SEE (Cause) |
|--------------------------------------|--|
| Late period | Potentially: Stress, nutrient deficiency, hormone imbalance, etc. |
| Excess period pain | Potentially: Excess oestrogen, stress, reproductive health condition, etc. |



PERIOD DIARY 2

Fill out the speech bubbles with phrases that you personally feel like your period might say to you if it could talk.

Be honest! If you feel like your period would be sassy, rude, mean or angry, allow the phrases you write to reflect that.

If you feel your period would be insightful, calm, absent or silent, you can reflect those feelings in the speech bubbles too.



Fill out the next set of speech bubbles with what you would want to say to your period if it could understand you

