



menstrual
SELF-CARE:

quick tips for a happier, healthier, you.



SELF-CARE GUIDE

quick tips for a happier, healthier you

STEP ONE: Learn about self care, and use it to make your periods more comfortable and enjoyable.

Creating a self-care routine is one of the best things we can do to improve our overall wellness. Self care isn't selfish, and it doesn't have to be complicated. But did you know that self-care can also help to relieve some of those pesky period symptoms you've come to expect every month? It can! Below you'll find ideas to help you rock your flow. Some of them may actually help you to *look forward* to the chance to slow down and take care of your body.

Know Your Flow

We're huge advocates of knowing your flow. It can help you to be prepared for your period, but it also helps to alleviate discomfort and work with your body, instead of against it. Below, you'll find our suggestions for how to manage your energy and take care of your body while you're on your period.

Day 1: The day you start bleeding, it's a good idea to take it easy. Rest as much as you can, drink water, and relax. You are most likely to have the most symptoms today, so make sure you're prepared! Be extra nice to yourself. A warm bath with epsom salt is especially nice on day one of your period to reduce cramping.

Day 2: This is a heavy flow day. Be sure to have your preferred period products available so you're refreshed and ready at all times. (Try a subscription service so you never need to run to the store at the last minute!)

Days 3-4: Your flow will begin to lighten, and your symptoms should be almost gone. A light jog is a perfect way to ease back into more rigorous exercise.

Days 5-7: This is usually when your bleeding will subside. Feel free to slowly introduce caffeine back into your diet. You will also begin to feel more energetic - use this new found zest to get out and move your body!

Other Self-Care Ideas

In addition to working with your flow, we recommend adding a few extra special touches to your self-care routine when you start your period. Each of the ideas below help to relieve stress, reduce pain or PMS symptoms, and increase your sense of well-being. Sign us up!

Cramp Tea: Say buh-bye to traditional pain pills and hello to sweet relief. Sip a warm cup of herbal tea in the morning and feel the warmth begin to work!

Yoga: While you may not feel up for cardio, yoga is a wonderful and relaxing way to stretch your body and ease discomfort. It helps alleviate both the physical and mental affects of your period.

Diet: Reduce caffeine and eat a mostly plant-based diet in order to ease cramps and pain.

What makes you feel better when you're on your period?

How can you treat yourself on your period?

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STEP TWO: Make a commitment to add self-care to your routine, then figure out an activity that helps to relax you.

Self-care works wonders when you're on your period, but it is a wonderful tool to add to your wellness routine throughout the month. Below, you'll find our five simple self-care routine ideas below. Try one each day of the week, or mix and match to find the combination that works best for you.

Be Free: From work, to school, to our social lives, screen time has taken over our lives. The problem is, when we spend so much time staring at our devices, we often lose sight of what our bodies truly need. It can be hard to hear that inner voice when there is so much "noise." Turn your phone on silent, open a window, and spend some uninterrupted time with yourself.

Be Active: Throw on your sneakers (or roll out your yoga mat!) and engage in some light exercise. You may find it rejuvenating to wake up 30 minutes early each morning and spend some time alone before the rest of the world wakes up. The goal here isn't necessarily to break a sweat, but to stretch your muscles and release any tension.

Be Chill: Find an activity that allows your mind to totally relax - it may be painting, cooking, taking a bath, or even dancing! When you "shut off" your mind, you'll be amazed by how quickly your thoughts clear. You may even find an answer to the tough situation you've been worrying about, or an idea for your next project.

Be Kind: This one is key to any self-care routine - start to think of yourself as your very best friend. When you train your mind to look at yourself as another person that is doing their best, it's a little harder to be so mean and inconsiderate, isn't it? If the idea of loving yourself makes you a little uncomfortable, try meditation or repeating a simple mantra like, "I am worthy" or, "I am loved" to cultivate feelings of kindness.

Be Prepared: It's so easy to go into autopilot mode when it comes to our wellness. It's so important that we pay attention to our bodies and what they're telling us - this is the first step to truly understanding what we need. We encourage you to find an app or a system that allows you to track your menstrual cycle, and consider investing in a simple journal to track your daily moods. Know that your energy levels and emotions will shift throughout the month, and learn how to plan for those times when your needs inevitably change. You'll get to know yourself on a whole new level, which will give you the patience and know-how to handle even the toughest of days with total love and acceptance of yourself.

What do you love about yourself?

What activities make you truly happy?

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STEP THREE: Structure your day in a way that allows you to incorporate self-care into your routine.

What time of day do you think self-care would be most beneficial?

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How much time can you devote to your self-care practice each day?

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What activity or activities help you to take care of your mind, body, and spirit?

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What is your self-care plan? How can you start today?

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What do you hope to get out of your self-care routine?

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If you take these small steps to figure out what makes you happy, then work to incorporate just one thing into your daily schedule, you are on your way to a wonderful new routine! Try it out and let us know what you think.

xo, the Be Prepared Period team