

Let's talk about Mental Health and Menses

MH-NoW

Care. Confidence. Change.

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There is an intricate connection between menstrual cycles, hormonal cycles and emotional well-being. This guide shows how menstrual health influences mental states, offering practical strategies for managing mood swings, anxiety, and other psychological challenges linked to hormonal changes. This guide is a vital resource for understanding and navigating the emotional impact of menstruation.

The female sex hormones- estrogen and progesterone significantly influence emotions, mood and mental well-being of girls and women. Estrogen is often referred to as the 'feel good' hormone contributing to mood stability, energy level and a sense of well-being while progesterone is known for its calming effects.

During the menstrual cycle, there are changes in the level of estrogen and progesterone, and this can lead to mood swings or irritability

Before Menstruation



1. Premenstrual Syndrome (PMS):

Symptoms like mood swings, irritability, and anxiety are common. Fatigue and difficulty concentrating can occur.

2. Increased Sensitivity:

Girls may feel more emotional or overwhelmed.

3. Negative Thoughts:

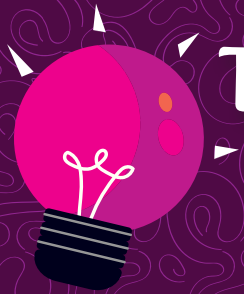
A sense of insecurity or self-doubt may appear due to hormonal changes.











Tips

Recognize Patterns:

Track moods and symptoms in a diary or app to understand the menstrual cycle.

Practice Self-Care:

Encourage relaxation techniques like deep breathing, yoga, or meditation.

Communicate Feelings:

Talk to trusted friends, family, or teachers for support







During Menstruation

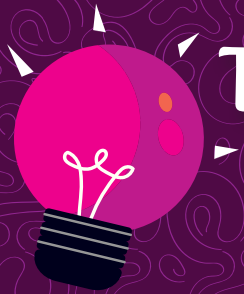
1.Stress and Anxiety:

Worry about leaks, pain, or embarrassment can increase stress.

2. Mood Swings:

Hormonal fluctuations may lead to irritability or sadness.





Tips

Reassure Yourself:

Remember that menstruation is natural and nothing to be ashamed of.

Stay Active:

Light physical activities like walking or stretching can improve mood.

Healthy Eating:

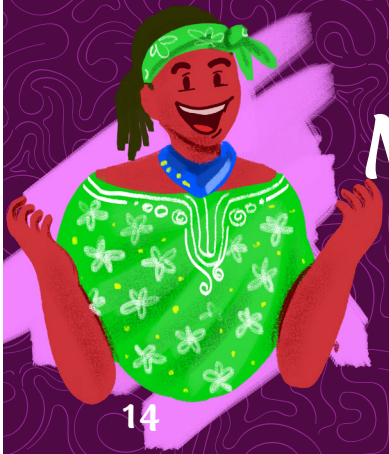
Consuming nutritious food helps stabilize emotions and energy levels.

Focus on Positivity:

Replace negative thoughts with affirmations like,
"I am strong and capable."







After Menstruation

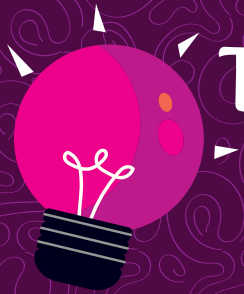
1. Sense of Renewal:

Hormones stabilize, leading to improved mood and energy.

2. Increased Confidence:

Completing the cycle often brings relief and a sense of normalcy





Tips

Reflect and Plan:

Use this time to focus on personal goals and self-care routines.

Acknowledge Achievements:

Celebrate managing your period successfully, boosting confidence





When to Seek Help



Extreme Emotional Distress:

If mood swings or sadness interfere with daily activities.

Signs of Premenstrual Dysphoric Disorder (PMDD):

Severe PMS symptoms requiring medical support.



Your body's changes are natural, and your feelings are valid. Take care of your mind as much as your body during your menstrual cycle.

Talk to a Menstrual Health Champion or Counsellor or nearest health care provider in your school or community'

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