

THE MENSTRUAL CYCLE IN A NUTSHELL

The main things to know are:

* The two hormones Oestrogen and Progesterone

* The two phases of your cycle - Follicular phase (approx. first 2 weeks of your cycle) where you feel ON FIRE, you sleep well, and you recover well.

Luteal phase (approx. 2 weeks before your cycle) where you feel flat, tired, don't sleep, and recover as well.

MINDFULNESS

Mindfulness can help you focus on what you want to achieve.

Mindfulness gives you time to get out of a busy day.

Mindfulness gives you time to concentrate on important issues and your exams.

References:

<https://www.yogajournal.com/practice/yoga-sequences/yoga-for-menstruation/>

<https://www.theguardian.com/lifeandstyle/2021/feb/02/the-menstrual-month-how-to-exercise-effectively-at-every-stage-of-your-cycle>

<https://redmoongang.com/what-is-a-menstrual-cycle/>



Call For More Information

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This leaflet has been written as an aid during exams and their menstrual cycle.

Designed by Inspire Ignite with the support of the Running Hub.

Only follow this guidance if you are medically able to

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Experts in Mental Health & Wellbeing
www.inspireignite.co.uk



Your Menstrual Month
& Your Exams

REACHING YOUR POTENTIAL

TRY EXERCISING THROUGH THE SYMPTOMS

There are more than 150 symptoms, like breast pain, headaches, and nausea ... potentially, that's a time to decrease exercise if you're not feeling it. Remember it's also been shown that moderate-intensity exercise, like yoga, is beneficial for premenstrual symptoms.

WHAT IS A 'NORMAL' CYCLE?

A period that happens every 21 to 35 days is considered a typical regular cycle, but everyone's normal is different. It's all about figuring out what your normal is!

Most periods last 3 – 5 days on average, but anywhere from 2 – 7 is typical.

QUICK GUIDE - YOUR PERIOD AND REACHING YOUR POTENTIAL AT EXAM TIME

Mindfulness – contact us on for our free mindfulness audio
<https://www.inspireignite.co.uk/contact-us/#ContentTop>.

Yoga follow Sues Guide

Diet Foods to include - water (stay hydrated), fruit, leafy green veggies, ginger, peppermint tea, turmeric, dark chocolate, nuts, flaxseed oil, quinoa, lentils and beans, yoghurt, tofu or tempeh, chicken, or fish.

Stay Hydrated



17 MINUTE YOGA FOR YOUR PERIOD & GCSE

Supta Baddha Konasana (Reclining Bound Angle Pose)

Support the torso on a bolster. (3 minutes).



Supta Padangusthasana (Reclining Big Toe Pose).



Use a strap to hold the raised leg in place. Hold each side for 2 minutes. (Total time: 4 minutes)

Baddha Konasana



(Bound Angle Pose)

(Total time: 2 minutes).



Janu Sirsasana (Head-to-Knee Pose)



JEFF HEIDORN

Support the head either on a bolster laid across your extended leg, or if you're less flexible on the front edge of a padded chair seat. Hold each side for 3. (Total time: 6 minutes)

Seated Twist Still sitting reversed through the chair, twist to the right with an exhalation, hold for 30 seconds, then twist to the left for 30 seconds. Repeat three times to each side, each time holding for 30 seconds. (Total time: 3 minutes)



FOOD! – PERIODS & GCSEs

These supplements can be taken the week before your period starts (these help combat inflammation and can help with the pain):
250mg magnesium - 45mg zinc – multi-vitamins- 1gram omega 3 fatty acids

If you don't want to use VITAMIN supplements, change your diet.

* Using Pukka herbal sleep tea 5-10mins before bed (in a small cup) to help with sleep as we don't sleep as well in this phase of our cycle.

* **Limit** these foods



If you exercise - LIMIT the amount and intensity of exercise the week before your period as it will make you more tired.

Walking is a GREAT STRESS reliever and will produce feel good chemicals that help with general stress and PMS. 20-30 mins of brisk walking is highly recommended.