

Student Health Center

Presents

THE CYCLE

Circular

Volume 1
Issue 3



Thank you for signing up for The Cycle. We hope you enjoy your products. This circular will come to you monthly with tips, tricks, and more all about menstrual cycles and products.

Let us know if you have any questions or concerns.

The Cycle Team

Tips for Mindful period self care

1. Create a period playlist that you can listen to that will make you feel happy
2. Invigorate your mind body and mood with a cold shower - lookup the benefits of cold water therapy
3. Practice gratitude with a 5 minute journal session to spark some happiness and positivity into your day
4. Buy some fresh flowers to brighten your space
5. Fill up a hot water bottle and rest it on your belly while you lie on the couch watching inspiring Ted Talks
6. Don't let your low mood get you down. Practice positive self-talk instead to boost your mood and love for yourself



Don't Forget

Next Deadline : Dec 1

Next Delivery : Dec 6

Next Pickup : Dec 8

Foods to eat (and not eat) during your period.



Salmon - rich in omega-3 fatty acids, salmon is known for its anti-inflammatory properties which can relax the uterus and fight cramps.

Oatmeal - rich in calcium, vitamin A and B, and a great source of iron. Research has shown it helps with PMS symptoms.

Watermelon - satisfies your sweet craving and has a high water content which will help reduce bloating and swelling.

Chamomile tea - this soothing herbal beverage can help relax your nerves and your uterus.

Foods to avoid

Processed foods - chemicals and preservatives can make bloating and water retention worse.

Candy and snacks - choose juicy fruit, and try to avoid sweet snacks. They contribute to bloating and gas, while delivering a short-term spike in blood sugar.

Alcohol - because of the loss of blood during your period, alcohol can aggravate fatigue and increase your blood flow. You will also be more vulnerable to the side effects of alcohol.

Want to find more information on these foods? Check out [Flow.com](https://www.flow.com)!

Can stress mess with my period?

ABSOLUTELY! Stress can have a powerful impact on your period and your overall health. You may notice a delayed period, an early period, missed period or a more painful period. When you're stressed, your body releases a hormone called cortisol. High levels of cortisol make the hypothalamus stop ovulation in its tracks. As ovulation is key to having a period, this can affect when — and if — your period starts.



What is with period poops?

Each month, just before your period begins, fatty acids known as prostaglandins begin to relax the smooth muscle tissues inside your uterus to help it shed its lining. But those same prostaglandins can have a similar impact on your bowels, leading to — you guessed it — more poop, and even diarrhea.



Thanks for reading this month's Cycle Circular. We hope you enjoyed it. Check back next month for more information. Want to see something in the circular? Let us know on your orderform.