

Period, cycle & wellbeing resources for women on Connecting Opportunities

1) Learn about yourself

Start with yourself and learn about what happens for you, your body and mind during your cycle – how long does it last, do you get regularly tired on certain days and/or do you have a feeling you can do anything on other days? Do this for a few months at least and you will start to see patterns...

Some resources to support you...

What happens during your period – 2-minute video: <https://www.youtube.com/watch?v=WOi2Bwvp6hw>

What happens during your period in words: <https://www.bloodygoodperiod.com/post/back-to-bloody-basics-what-is-a-period>

Menstrual Matters have a good tracker where you can make notes about what is happening: https://menstrual-matters.com/wp-content/uploads/2020/11/MM_tracker_A4.pdf

and you can also learn about more what is OK (we are all different) and what might be a problem.

<https://www.menstrual-matters.com/symptom-tracker/>

2) Period language

Knowing what to say and how to say some things is really important – building your vocabulary can support your confidence and you can talk to others about your periods more easily.

Some resources to support you...

Basic phrases connected to women's health: <https://www.londoninyourlanguage.co.uk/category/womens-health/>

And then specifically about how to have a conversation with your doctor about any problems you might have.

vocabulary for periods: <https://www.londoninyourlanguage.co.uk/period-talk/>

basic period problems: <https://www.londoninyourlanguage.co.uk/period-problems/>

3) Learn a bit more

There is a lot more information available...it can feel difficult to know where to start...you will find your way and you will find your favourite people who offer what you want and need. It's also good to have a look at the official medical resources.

Some resources to support you...

NHS website: <https://www.nhs.uk/conditions/periods/> and here: <https://www.nhs.uk/conditions/periods/fertility-in-the-menstrual-cycle/>

4) What can be helpful

Ask other women around you about what helps during different times of the cycle, we often have our own ways to manage and support ourselves and just don't talk about them.

If you have problems you are worried about, speak to your GP or someone at your local sexual health clinic.

You can also explore small steps that you can make to support your wellbeing in connection to your cycle.

Some resources to support you...

Dr Jolene Brighten talks about seed cycling – eating certain seeds at a certain time of your cycle to get the right vitamins and minerals: <https://drbrighten.com/seed-cycling-for-hormone-balance/>

And you can learn more about food and other things that influence our hormones in her articles:

<https://drbrighten.com/articles/>

For a breath and bodily connection you can explore resources from Lisa Lister: <https://lisalister.com/lady-landscape-tools>

5) Global periods and more

Learning about periods and cycles is much wider. Other topics that are connected are menopause, fertility or pregnancy. There are also global and local challenges connected to periods – stigma, shame and a lot of myths. See what you might be interested to know more about...

Some resources to support you...

UN Women highlight some of the global stigmas and challenges: <https://www.unwomen.org/en/digital-library/multimedia/2019/10/infographic-periods>

Bloody Good Period write about period poverty, shame, decolonising periods and much more: <https://www.bloodygoodperiod.com/blog>

Women's Environmental Network connects periods and climate emergency: <https://www.wen.org.uk/2007/05/21/environmenstrualresources/>

BBC's Woman's Hour programme has discussed both menopause: <https://www.bbc.co.uk/programmes/p05tpw79> and asked if you can have periods in space? <https://www.bbc.co.uk/sounds/play/p07xlfpx>

6) Pass it on!

Learning about our periods can be really empowering. If it helps you recognise and understand yourself better, why not share your learning and new wisdom with women and girls as well as others around you.

And it can be fun too! Like the short video at the top of the page & you can get creative together and do an origami vulva: <https://www.pink-parcel.com/blogs/pink-blog/femmecraft-make-an-origami-vagina>