



Going With Your Flow

Harnessing the Power of Your Period



75%
of menstruating women can experience mild to moderate PMS

20-30%
may experience symptoms severe enough to affect daily life

This tool has been created to give you a different perspective of your cycle, help you understand the strengths each season has to offer and track your patterns.

Unlike men, our hormones rise and fall which influences our daily and weekly experiences both physically and emotionally. Becoming more comfortable with these ebbs and flows can help us refrain from rejecting ourselves for half of the month. Our experience is not linear, no matter the pattern.

PMS Tracker

Please try the tracker below for 3 or more cycles to help monitor your patterns and symptoms.

Name: _____ Month/Year: _____



Phases of the cycle	Dream phase: Menstruation					Do phase: Pre-ovulation					Give phase: Ovulation					Take phase: Pre-menstrual																								
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Date																																								
PHYSICAL SYMPTOMS (mark 1-3 according to severity) 1 = mild, 2 = moderate, 3 = severe																																								
Fatigue																																								
Constipation																																								
Diarrhoea																																								
Bloating																																								
Fluid retention																																								
Weight gain																																								
Breakouts, acne																																								
Food cravings																																								
Breast tenderness																																								
Sleep disturbances																																								
Headaches																																								
Hot flushes																																								
Other																																								
MOOD SYMPTOMS (mark 1-3 according to severity) 1 = mild, 2 = moderate, 3 = severe																																								
Low mood																																								
Anxiety																																								
Poor focus																																								
Lack of motivation																																								
Irritability or anger																																								
Tearful or sensitive																																								
Poor memory																																								
Drop in self-esteem																																								
Other																																								

*Symptoms experienced in the **follicular phase** may be unrelated to PMS. Please discuss these with your healthcare practitioner

*If your self-rated symptom severity is made up of mostly 2's or 3's in the **luteal phase** of your cycle you may benefit from some support. Please discuss these symptoms with your healthcare practitioner

Recommendations to discover more: All great ideas are developed from those we have learned from before. For more information on the power of your period please explore the work of Rebecca Campbell, Lisa Lister, Alexandra Pope, Maisie Hill, Alisa Vitti and Lucy Peach.

References available on request.



Season	WINTER	SPRING	SUMMER	AUTUMN
Phases of the cycle	<i>Dream phase: Menstruation</i> (Lasts around 3-7 days)	<i>Do phase: Pre-ovulation</i> (Lasts around 7-10 days)	<i>Give phase: Ovulation</i> (Lasts around 3-4 days)	<i>Take phase: Pre-menstrual</i> (Lasts around 10-14 days)
The gifts on offer	clarity wisdom patience perspective letting go deeper connection to self	rising energy excitement positivity determination new beginnings creativity	say yes lots to give open heart committed confidence connecting	intuition refocus refine comfort awareness fearless attention
Expected challenges	<ul style="list-style-type: none"> Lower energy Less motivation Feeling less social Easily dissatisfied 	<ul style="list-style-type: none"> Restless Impatient Easily overwhelmed Can overcommit to things 	<ul style="list-style-type: none"> Take care not to give too much away <ul style="list-style-type: none"> Save some energy in the tank Avoid coming into the last phase on empty 	<ul style="list-style-type: none"> More reactive and less responsive Less to give Less natural empathy Self expectations can be too high
How to nurture yourself and reap the rewards	Give in to the slowness and rest you are craving. Nurture and nourish, don't restrict yourself. Take time to reflect, rest and restore. Dream about what ideas you want to 'grow and give life to next'. Allow yourself to be a home body, minimise your work load and social engagements. Enjoy a heat pack or two. The more you rest, restore and nourish yourself during this phase the more you will have in reserve for the rest of your cycle.	You are at your most courageous here. RSVP yes to invitations, organise, explore new things, plan and make lists, dream big and write those dreams down! Play, explore and enjoy your zest for life! It is a good time for brainstorming and problem solving. Save your most mentally challenging assignments for this time. Get ready to lay that 'golden egg' of an idea. The more you take advantage of the bounties of this phase, the more your self-esteem and self-love can grow.	Take the energy of your last phase and turn your ideas into action. A fire has been lit within, giving rise to self-confidence and a little strut in your step. You have a lot to give right now and can relish in the open-hearted and nurturing feelings that are in abundance. It is a great time to communicate, socialise, do things that make you happy and take advantage of your confidence. Connect with your community, have those important conversations and schedule meetings.	As your physical energy declines you may start to turn inward. Allow your intuition to guide you and listen to what your body is telling you. This is a time for nesting, self care, bulk cooking and winding down. You are firmly in touch with your inner strength and power and be more forthright and direct with others. That's OK. These qualities are very good to possess. Express and transfer your feelings into passionate places. It's a time to 'let go', declutter your life and protect your boundaries.
Foods to include	Easily prepared and digested meals: smoothies, soups and broths. Highly nutritious foods, rich in iron and B vitamins	Lightly cooked, steamed or sautéed meals. Plenty of fresh, vibrant and light choices, while still including some lean protein and wholegrains.	Lightly cooked, steamed or sautéed meals. Plenty of fibre, fresh, vibrant and light choices and slightly less complex carbohydrates.	Roasted and baked meals. Increase complex carbohydrates and healthy fats and include lots of green foods and cruciferous vegetables.
Movement of choice	Move your body gently. Stretch and walk. This is not the time to start a new or intense workout routine.	Feel free to challenge yourself and try new ways to move.	You can handle high impact activity, group classes and strenuous activity.	Dance to Metallica in the kitchen to diffuse some of those strong feelings, but cut back on anything too strenuous in the last 5 days of your cycle.
How your hormones affect your experiences	During this phase all your hormones are low which impacts the neurochemicals that influence energy and motivation levels. Take advantage of a naturally slower pace.	Oestrogen levels peak now, increasing excitatory neurochemical levels. This is why you might feel like you have tonnes of energy and are excited to take on new things. You may also feel overwhelmed or frustrated when others cannot match your output.	An increase in oestrogen and a quick boost of testosterone in this phase increases your drive and the release of your 'feel good' neurochemicals. This contributes to a stable mood, improved focus, motivation and happiness.	If ovulation occurs, you produce progesterone. This stimulates your 'relaxing' neurochemicals and promotes a calmer state and improved sleep. Hormone levels are gradually dropping and you have less to give. Less oestrogen yields less empathy.
Suggested mantras	<i>I feel it and I'm with it. I will rest, restore and nurture myself.</i>	<i>I see the magic and possibilities in everything. My energy is boundless. I don't have to commit to everything.</i>	<i>My heart is open. The world is my oyster. I am beautiful in every way and I have so much to give. I bring my thoughts and ideas into form.</i>	<i>I am fierce and I know what I want. I'm standing in my power. I will find positive ways to express my feelings.</i>