

Self-Care during your period

Prioritising self-care during menstrual cycle with ADHD.



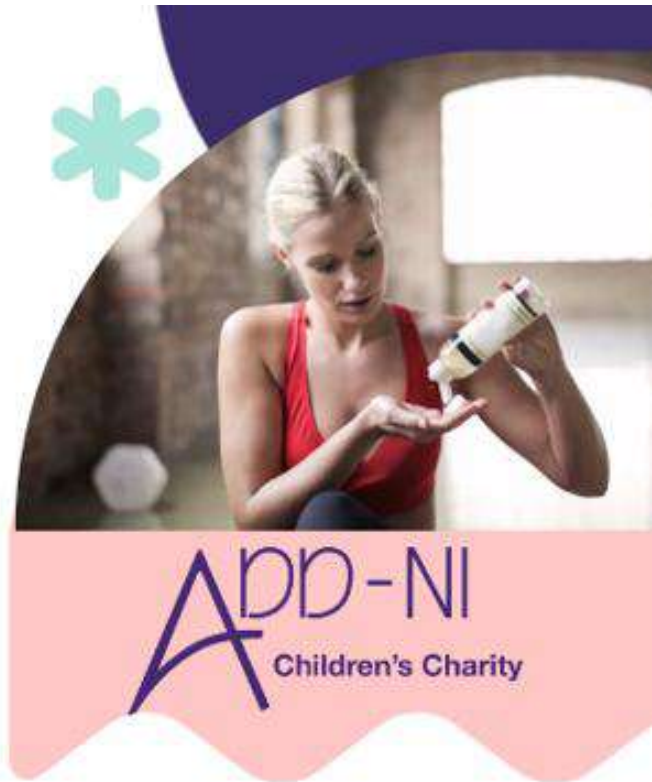
Relaxation & Mindfulness

This isn't for everyone but can be very effective for some - meditation, deep breaths, and calming routines. Body scans can also help to relax your tense muscles and distract your mind from the pain&/discomfort.

Prioritise Hydration

Stay hydrated to combat fatigue and mood swings. This can also reduce the bloating that many experience.

It is important to avoid caffeine, alcohol and high sugar drinks, as these can increase pain and inflammation in the body.



Add-NI
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Healthy Diet



Prioritise nourishing whole foods to stabilize energy levels. Eating little and often can help to maintain your blood sugar and keep it steady – helping with pain, avoiding light-headedness/fainting and other physical symptoms. Avoiding trans fats & highly salted meals can be helpful as these can increase pain and cramping in the body, & bloating.

Quality Sleep & Rest

Focus on restful sleep to improve overall well-being, mood and stress levels. Having good sleep hygiene, a regular morning routine and avoiding blue light from devices, can help sleep.

If sleep is too difficult, remember to rest and take it easy, as your body can be under a huge amount of pressure during your cycle – physically and mentally.



Gentle Exercise

Engage in light physical activities to boost mood, increase your endorphins, reduce your period symptoms, get out in nature, or just move your body in a way you enjoy. Yoga, gentle walks, light cardio, pilates, or strength training can all help.

Tracking Your Cycle

Use an app, your diary, calendar, or phone to track your cycle. This can make it less of a surprise for you when your period arrives. Tracking your cycle & symptoms throughout the month can help you to get to know your body and cycle better – letting you prepared and plan ahead.



Tips & Tricks from those in the know!

- Buy ahead – always have period products &/ painkillers to hand
- Heat pads
- Baths
- Epsom salts
- Magnesium
- Starflower Oil
- Massage
- Acupuncture



Remember that period pain should not be debilitating – speak to a health care professional

