



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

954-993-1646

hello@BlueCouchTherapy.co

BlueCouchTherapy.co

PMDD Care & Planning Guide

Pre-Menstrual Dysphoric Disorder (PMDD) can make emotions feel intense and unpredictable, but understanding your menstrual cycle can bring clarity and a sense of control. By tracking your mood alongside your cycle, you can start to recognize patterns, prepare for harder days, and create space for more balance and stability. Awareness isn't about fixing everything overnight—it's about giving yourself the insight to support your mind and body with more intention.

1. Menstrual Phase

When: Day 1–5 (roughly)

What's happening: Your uterus sheds its lining → bleeding

Hormones: Estrogen & progesterone are low

How you might feel:

- Low energy
- More introverted
- Relief (PMDD symptoms often ease here)

Best for:

- Rest
- Light movement (walking, stretching)
- Reflection / journaling

2. Follicular Phase

When: After your period → up to ovulation

What's happening: Your body prepares an egg for release

Hormones: Estrogen starts rising

How you might feel:

- More motivated
- Clear-headed
- Social

Best for:

- Starting projects
- Planning
- Trying new things

3. Ovulation Phase

When: Mid-cycle (around day 14 in a 28-day cycle)

What's happening: Your ovary releases an egg

Hormones: Estrogen peaks, testosterone rises

How you might feel:

- Confident
- Energetic
- Outgoing

Best for:

- Meetings
- Presentations
- Social events

4. Luteal Phase

When: After ovulation → until your next period

What's happening: Your body prepares for pregnancy (if it doesn't happen, hormones drop)

Hormones: Progesterone rises, then both hormones fall

How you might feel:

- More tired
- Sensitive or irritable
- Anxious or low

For people with PMDD:

This is when symptoms are strongest (usually the last 1–2 weeks)

Best for:

- Slower pace
- Routine tasks
- Extra self-care

PMDD Care & Planning Guide

Here are a few gentle ways you can support yourself during PMDD.

1. Track and understand your cycle This helps you predict when symptoms will hit, so you can plan lighter workloads or more support • Use apps like Clue or Flo • Log mood, sleep, irritability, and physical symptoms for at least 3 months	2. Lifestyle planning Limit activities 1–2 weeks before your period: • Schedule fewer demanding tasks • Build in buffer time and rest • Avoid major decisions if possible • Prep meals or responsibilities ahead of time
3. Stress management & emotional support • Cognitive Behavioral Therapy (CBT) can be very effective so meet with your therapist during this time • Mindfulness, journaling, or breathing exercises • Let close people know your cycle pattern so they understand mood shifts	4. Nutrition adjustments Stabilize blood sugar: eat regular meals with protein + complex carbs. Don't skip meals and eat every 3–4 hours. • Reduce: ○ caffeine ○ alcohol ○ high sugar (can worsen mood swings) • Increase: ○ leafy greens, nuts ○ Dairy, fish, breakfast cereals, eggs ○ Chicken, tuna, beef, fruits ○ Get some sunlight if possible
5. Protect your sleep PMDD often worsens with poor sleep • Try: ○ consistent sleep schedule ○ limiting screens before bed ○ wind-down routines	6. Exercise Regular movement improves mood regulation and can reduce irritability and anxiety • Especially helpful: ○ cardio (dance, hiking, cycling, pilates) ○ Yoga ○ Walking
7. Medications (when symptoms are moderate–severe) Talk to a doctor about: • SSRIs (like Fluoxetine or Sertraline) ○ Can be taken daily or just during the luteal phase • Hormonal birth control ○ Certain pills can stabilize hormone fluctuations • In more severe cases: hormone suppression therapies	8. Supplements (check with PCP first) Some people benefit from: • magnesium glycinate • calcium carbonate • chasteberry (vitex) Evidence varies, but they can help in mild to moderate cases

PMDD TRACKING CALENDAR

[illegible]