



# Self-care before and during your period.

## 1 Manage pain

Don't suffer in silence, use heat from a hot water bottle or heat pad to help with cramps and back pain, or ask an adult for painkillers. If the pain is causing you to vomit, faint, or the pain lasts longer than a few days then you need to make an appointment to see a nurse or doctor.



## 2 Relaxation

Try to keep stress levels low (easier said than done I know). Some gentle yoga poses can help you relax and reduce pain. Try moves that open your hips and gently stretch your spine.

## 3 Keep Active

Being active is sometimes the last thing you want to do but research has shown that exercise can help reduce pain, and stress and improve your mental health. Make sure you are prepared with sanitary products to prevent unwanted leaks. If you have to wear tight-fitting or light colours as part of your uniform or sports kit ask if you can wear plain black joggers or wear leak-proof pants.



## 4 Eat well.

During your period your iron levels can drop, making you feel tired and light-headed. Try and include iron-rich foods in your diet such as green vegetables, fortified breakfast cereal, cashew nuts, pulses, pumpkin seeds, eggs, chicken, liver, turkey, and beef. If your symptoms are extreme you may need to take an iron supplement but always take medical advice.

## 5 Sleep

Sleep helps your body recover, during puberty you tend to need a lot more sleep because of the changes your body is going through. Take a nap and go to bed earlier than usual.

