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The Four Phases of the Menstrual Cycle & Their Key Highlights

AN OVERVIEW

#1 MENSTRUAL PHASE

This is when your period happens (usually day 1-5). The lining of the uterus sheds, and blood flows out through the vagina. You might feel cramps, tired, or moody—but rest, water, and gentle movement can help. This is your body's way of resetting and starting fresh.
Consider using a heating pad for cramps or indulging in a warm bath. Eating balanced meals with plenty of fruits and vegetables can also support your body during this phase and reduce discomfort.

HORMONES:

- Low hormones: Both estrogen and progesterone drop.
- This drop causes the uterine lining to shed, your period.

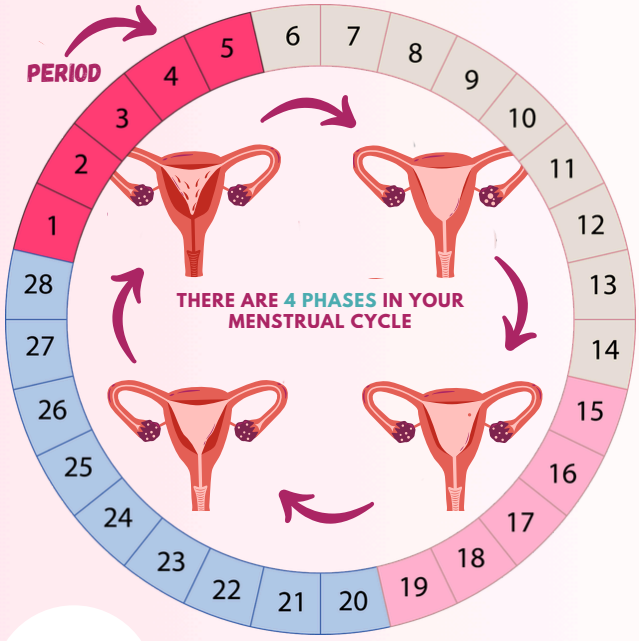
#2 FOLICULAR PHASE

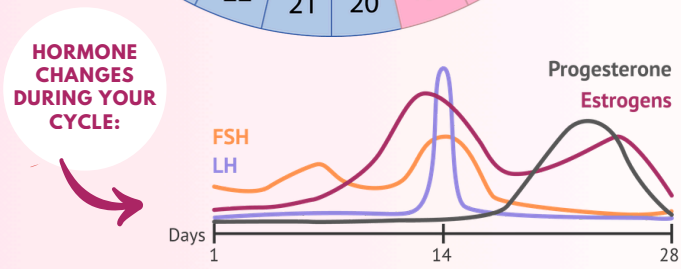
At the same time your period starts, your ovaries begin preparing eggs, usually days 1-14. Hormones increase, and your energy often picks up after your period ends. You may feel more motivated, focused, and ready to learn or try new activities. Embrace this surge in energy and motivation by engaging in activities that bring you joy and satisfaction.

HORMONES:

- Follicle Stimulating Hormone (FSH): Helps eggs grow.
- Estrogen: Starts rising, giving more energy and boosting mood.

DEFINITION: A hormone is like a tiny messenger in your body. It travels through your blood and tells different parts of your body what to do and when to do it. Hormones help control things like growth, energy, mood, and the menstrual cycle.





#3 OVULATION PHASE

When an egg is released from the ovary, this phase usually occurs around day 15. It's a time when energy and confidence typically reach their peak. Some individuals may observe a clear, stretchy discharge. Additionally, it's an excellent opportunity to concentrate on physical exercise, as your body may react favorably to more vigorous workouts. However, it's essential to remember that every body is different—be attentive to your body's signals.

HORMONES:

- Luteinizing Hormone (LH): Big spike releases the egg.
- Estrogen is at its highest, and you may feel more confident and social.

#4 LUTEAL PHASE

Your body prepares for a possible pregnancy by thickening the uterus lining.
This is when you may feel more emotional, crave snacks, or get bloated. Gentle self-care and relaxation are especially important here. Eating nutrient-rich foods, staying hydrated, and maintaining a balanced lifestyle can ease symptoms.

HORMONES:

- Progesterone rises, and the uterus prepares for a possible pregnancy.
- If pregnancy doesn't happen, both progesterone and estrogen drop, leading to PMS (premenstrual syndrome) → period begins again.

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What is Menstruation?

The Basics of Your Monthly Cycle



What is it?

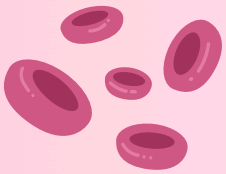
Your period is the shedding of the uterus lining through the vagina.
It happens every 28-35 days as a part of your menstrual cycle.





Why? : Pregnancy or Period

Each month, your body prepares for a possible pregnancy.
If no pregnancy happens, your body releases the unused uterine lining with a bit of blood.



Blood flow can be light or heavy – it's usually about 3-5 tablespoons of blood! Normal colour ranges from bright red to dark brown.



A period usually lasts 3–7 days. Cycles are often 21–35 days long, but this can vary.

- Most people get their first period (menarche) between ages 9–15.
- Periods usually stop between ages 45–55, when menopause begins.



Quick Fact:



- You're born with about 1–2 million eggs in your ovaries.
- By puberty, you have around 300,000–400,000 left.
- Only about 400–500 eggs will actually be released during your lifetime through ovulation.



Period pain (aka. cramps) is caused by your uterus muscle contracting to shed its lining.
It usually feels like a dull ache or sharp cramps in your lower belly or back.
Some people also feel nausea, fatigue, or headaches.

⚠️ Severe pain isn't normal — it could be a sign of a uterine condition, like endometriosis.



Talk to a doctor if your pain is affecting your ability to do daily activities.



REMEMBER! →

Embrace the flow, own the power.

It's natural. It's normal. It's part of you.
Understanding your period helps you take care of your body with confidence.