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Menstrual Cycle and Emotional Well-being

Hormonal changes during periods involve fluctuations in hormones like estrogen and progesterone. These changes regulate the menstrual cycle and can affect both physical and emotional well-being.

MENSTRUATION: POSSIBLE MOOD SWINGS AND IRRITABILITY.

Individuals often experience mood swings, like heightened sensitivity or irritability, due to hormonal shifts during the menstrual cycle. While challenging, these feelings are natural and vary among people. Self-care practices, like gentle exercise or mindfulness, and open communication with friends can help manage these emotions.

FOLLICULAR PHASE: INCREASED ENERGY AND MOOD IMPROVEMENT

During this time, rising estrogen levels can lead to a boost in energy, mental clarity, and a generally uplifted mood. Many individuals find this phase to be an ideal time for engaging in social activities, starting new projects, or setting personal goals.

OVULATION: PEAK ENERGY AND POSITIVE MOOD.

Ovulation marks the midpoint of the menstrual cycle and is typically associated with a peak in both fertility and emotional well-being. Higher estrogen and luteinizing hormone levels can contribute to feelings of confidence and attractiveness. This phase is often seen as an opportune time for creativity and social interactions, as many feel more outgoing and enthusiastic.

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contd.

LUTEAL PHASE: POSSIBLE PMS SYMPTOMS LIKE ANXIETY AND DEPRESSION.

It's important to remember that these symptoms can vary widely among individuals and may include physical discomforts such as bloating, headaches, and fatigue. During this phase, some may also experience heightened emotions or mood swings, which can impact daily activities and overall well-being.

Understanding the luteal phase's effects can empower you to seek supportive strategies. Maintaining a balanced diet, engaging in regular physical activity, and ensuring adequate sleep can alleviate some symptoms. Mindfulness practices, such as meditation or yoga, may help manage stress and emotional fluctuations.

Additionally, reaching out to healthcare providers for personalized advice or considering cognitive-behavioral therapy can provide further support. It's crucial to approach this phase with compassion and understanding, recognizing that it's a natural part of the menstrual cycle. By fostering a supportive environment and encouraging open conversations, we can help reduce the stigma associated with PMS and promote better emotional well-being.

Coping Strategies:

Mindfulness: Practice meditation and deep breathing exercises.

Exercise: Engage in physical activities to boost endorphins.

Support Network: Talk to friends and family about how you're feeling.