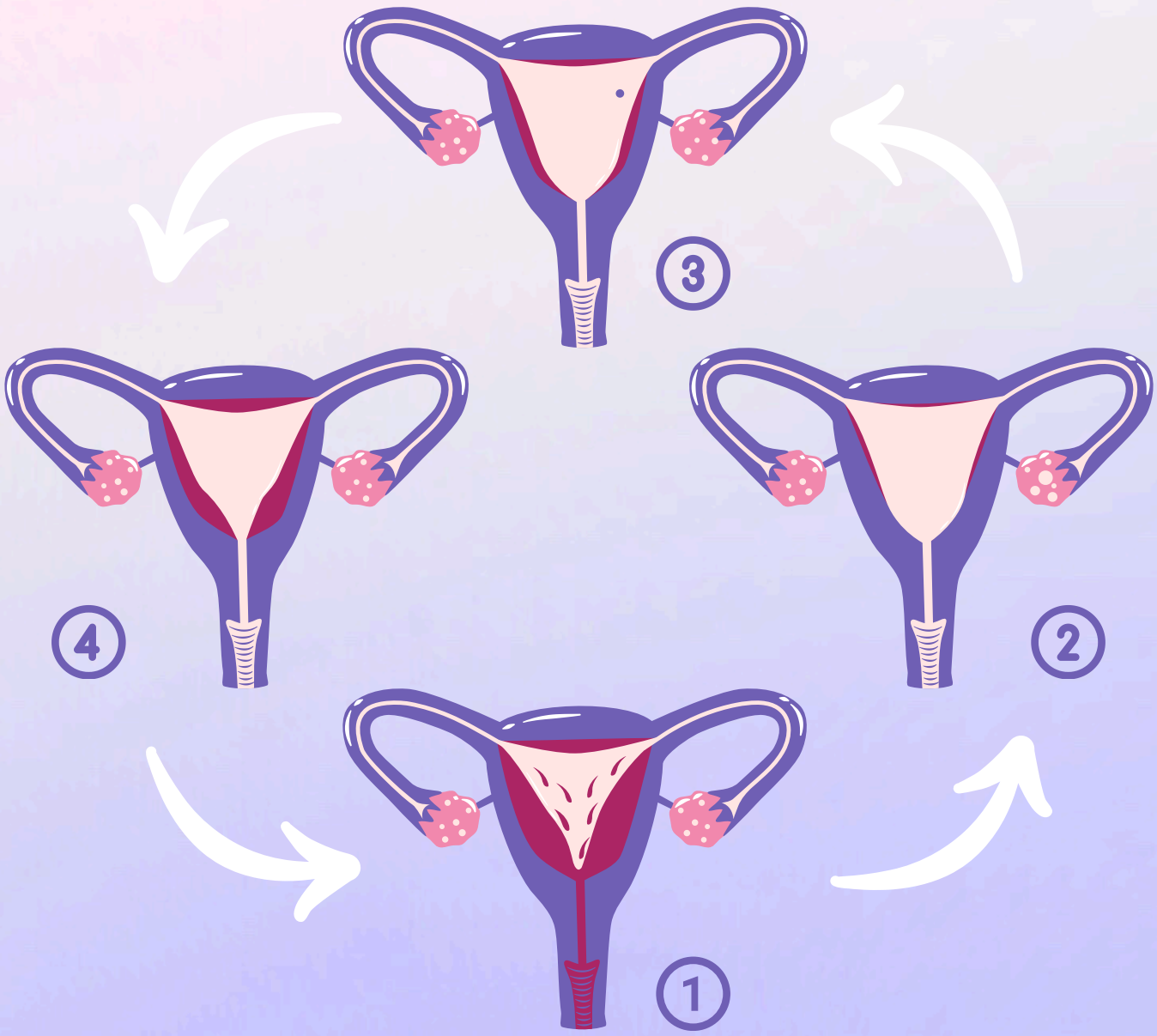
help a girl out®

Understanding Your Menstrual Cycle Phases!



The Menstrual Phase

The menstrual phase is the first stage of the menstrual cycle, lasting 3-7 days.

It involves the shedding of the uterine lining due to a drop in estrogen and progesterone.

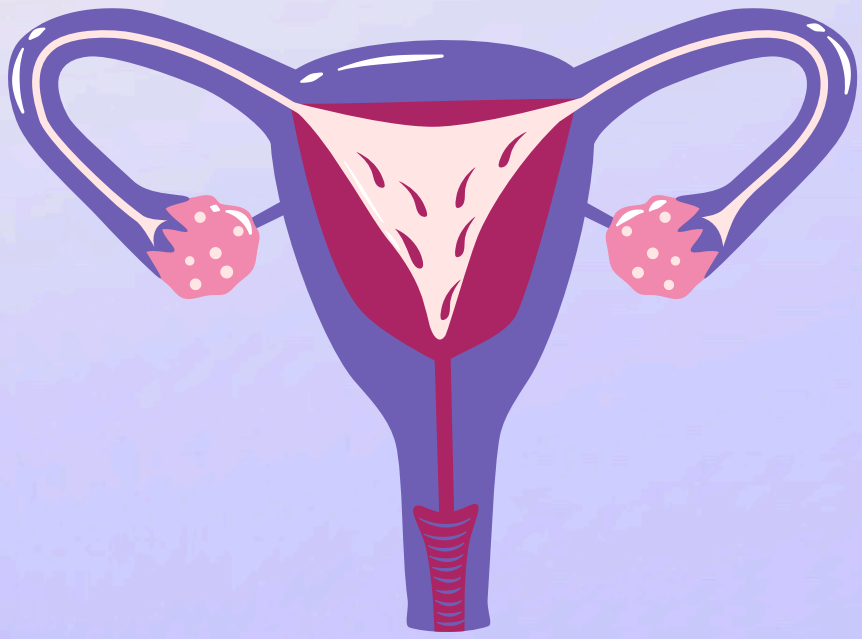
This is when tthe menses aka “period” occurs.

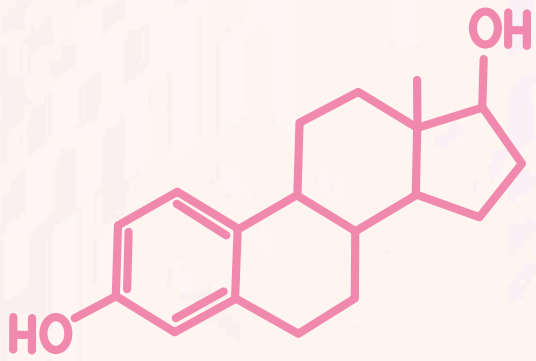
Common Symptoms:

- Cramps
- Fatigue
- Breast tenderness
- Mood changes
- Headaches
- Bloating

Duration:

Day 1- 5





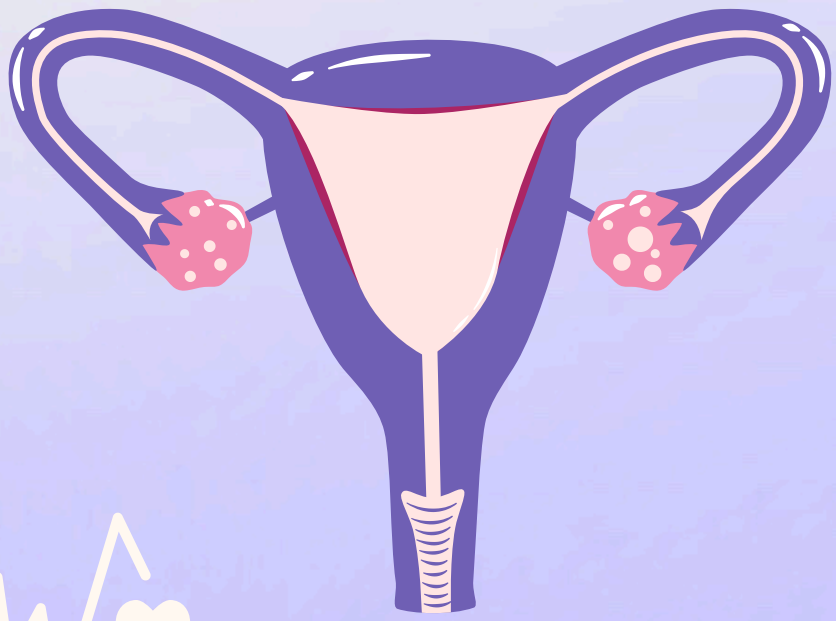
The Follicular Phase

The follicular phase follows the menstrual phase and lasts about 7-10 days. Estrogen reaches it's peak which can improve mood and energy.

Duration: Day 6- 14

Common Symptoms:

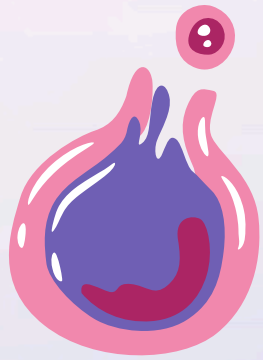
- Increased energy
- Improved mood
- Clearer skin
- Light vaginal discharge
- Higher libido



Ovulation

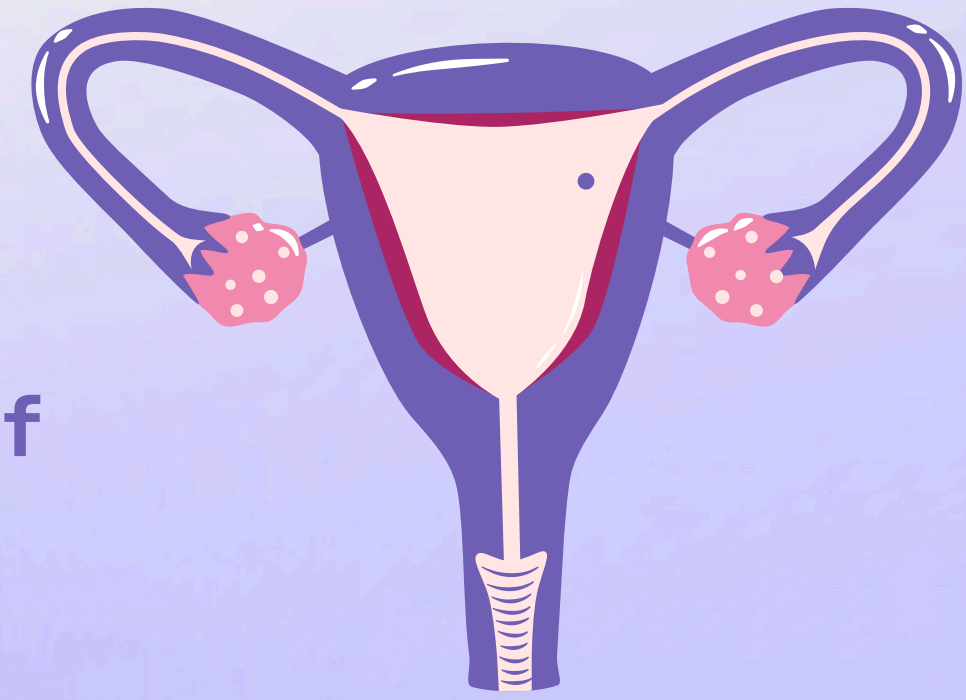
The ovulation phase occurs mid-cycle, around day 14 in a 28-day cycle. A mature egg is released from the ovary due to a surge in luteinizing hormone. This is the most fertile time of the cycle.

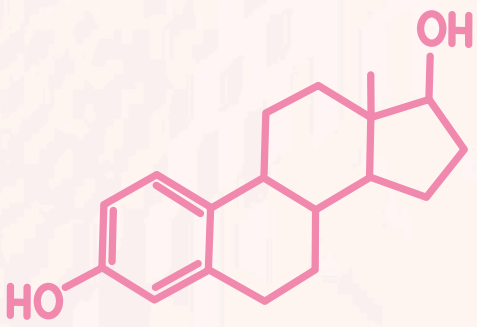
Duration: Day 15-17



Common Symptoms:

- Increased vaginal discharge
- Breast tenderness
- Higher libido
- Heightened sense of smell or taste

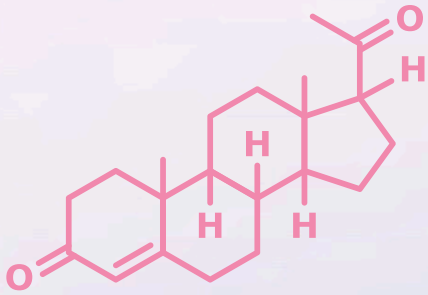




Luteal Phase

The luteal phase occurs after ovulation and lasts about 12-14 days.
Progesterone reaches it's peak and estrogen rises however not as much as the folicular phase. If pregnancy does not occur the cyle repeats

Duration: Day 18- 28



Common Symptoms:

- Bloating
- Headaches
- Mood swings
- Fatigue

