

CRAMPS & CRAVINGS

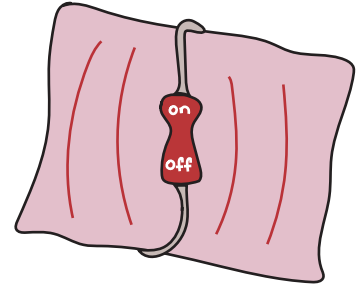
MEDICINE

- period-specific pain medicine
 - Midol
- general pain medicine
 - NSAIDs (aspirin and ibuprofen)

*always ask your doctor and parents before buying and using medicine

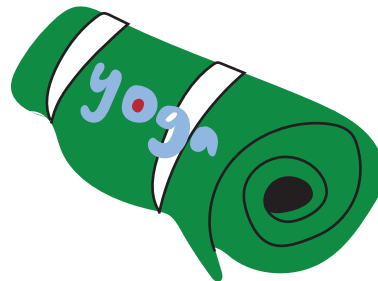
HOT WATER PADS

- hot water pads
 - boil hot water first, then pour into bottle
 - must be extra careful to seal the bottle
- electric pads
 - works simply by turning on the pad
 - one of the easier options
- microwaveable pads
 - pad contains heat-safe filling that can be warmed in microwave
 - easy to overheat
 - if too hot, you can wrap it in a blanket then place on the pain source
- wearable pads
 - some pads can be microwaveable or electric to warm, then worn with an attached strap
 - could be a good option if you're moving around and want the pad to stay in place

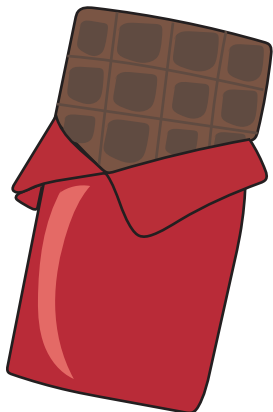


EXERCISES

- breathing exercises
 - deep breathing can help you work through cramping pains
 - breathe in for 5 seconds, hold your breath for 1 second, then breathe out for 5 seconds
 - cycle through this breathing pattern 10 times
- yoga poses
 - fish pose
 - let your neck drop to release neck tension
 - allow the chest and hips to spread
 - cobra pose
 - releases back pain
 - downward dog
 - can relieve back pain
 - let your head drop to release neck tension
 - pedal the feet to stretch the back of legs



CRAVINGS



- lots of menstruators feel hungrier close to or during their period
- what kinds of foods do menstruators crave?
 - all kinds! but some might prefer comfort foods
 - such as chocolate, mac & cheese, or chicken soup
- should I give into my cravings?
 - it's totally ok to eat your cravings in moderation
 - make sure to still eat protein, veggies, and carbohydrates for a balanced meal
 - you naturally lose iron when you menstruate, and may feel lower energy
 - it is important to restore nutrients through balanced eating