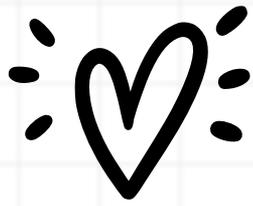


Periods: Quick Reference



WHAT YOU MIGHT NOTICE



BOWEL CHANGES
LOWER BACK PAIN
TIREDNESS
MOOD CHANGES

CRAMPS
BLOATING
HEADACHES
ACNE

WHAT CAN HELP



HEAT
REST AND SLEEP
GENTLE MOVEMENT

FOOD AND HYDRATION
SAFE PAIN RELIEF
PERIOD PRODUCTS



ASK FOR HELP IF

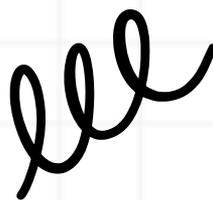


PAIN IS SEVERE
BLEEDING IS VERY HEAVY
SYMPTOMS AFFECT SCHOOL, SLEEP, SPORT,
OR DAILY LIFE
SOMETHING CHANGES OR DOES NOT FEEL
RIGHT

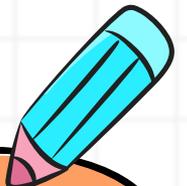
TRACK YOUR PATTERN



WHEN YOUR PERIOD STARTS
HOW HEAVY YOUR FLOW IS
PAIN OR OTHER SYMPTOMS
MOOD AND ENERGY CHANGES



REMEMBER



CYCLES VARY
SOME SYMPTOMS ARE
COMMON
IT IS OKAY TO ASK FOR HELP

