

Let's explore the world of the menstrual cycle and its influence on physical and emotional well-being.

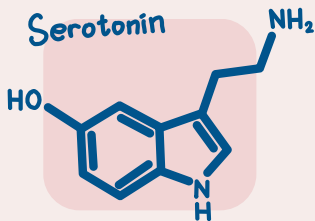
Understanding how your hormones fluctuate throughout your monthly cycle can provide insights into why you might experience certain feelings. While this awareness may not give you full control over your emotions, it does empower you to handle your emotions/feelings more effectively.



HORMONES AND MENTAL HEALTH

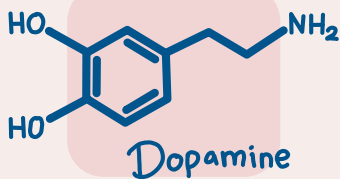
Hormones influence our brains and, consequently, our emotions as they are involved in nearly every bodily function. Because of this, hormones have a direct impact on our mental health, even if those effects are just sporadic and related to our monthly cycles.

Serotonin



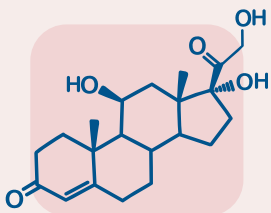
Serotonin

It is vital for emotional balance and physical well-being, fluctuates throughout the menstrual cycle, with lower levels potentially contributing to PMS symptoms.



Dopamine

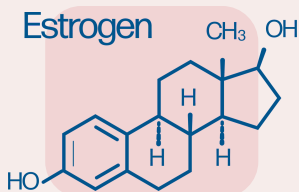
Dopamine, the 'feel-good' neurotransmitter, drives pleasure and motivation, influencing mood swings during the menstrual cycle. These fluctuations can result in heightened states during ovulation and potential mood downturns during menstruation.



Cortisol

Cortisol is a steroid hormone when you are stressed, is released into your bloodstream. Cortisol has many important functions, higher levels of cortisol can impact the regularity of the menstrual cycle. High stress can result in missing periods.

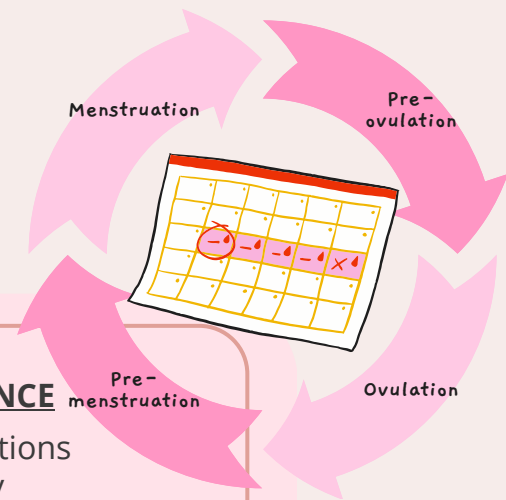
Estrogen



Sex Hormones

Estrogen and progesterone are the main sex hormones for women, influencing mood, emotions, and sexuality across different life stages.

MENSTRUAL CYCLE AND MENTAL HEALTH



01 Menstruation Day 1 to 7

This period is the start of the menstrual cycle, where the unfertilized egg and uterine lining are shed.



YOU MAY EXPERIENCE

- Emotional fluctuations
- Decreased energy
- Sensitivity
- Common menstrual symptoms like back pains, bloating, and cramps.

RECOMMENDED FOCUS

- Restorative physical rest
- Gentle, low-impact exercise
- Practice period pain self care

02 Pre-ovulation Day 8 to 14

These days are marked as the end of the period and days before an egg is released in your fallopian tube.



YOU MAY EXPERIENCE

- Increased energy
- Creativity
- Motivation to accomplish tasks and goals.

RECOMMENDED FOCUS

- Strength training
- Eat wholesome food
- Work, but don't overdo it!

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03 Ovulation Day 15 to 21

During this phase, you're (extra) fertile. Which means your body is preparing to release a new egg.



YOU MAY EXPERIENCE

- Heightened energy levels
- Confidence
- Self-esteem due to increased fertility.

RECOMMENDED FOCUS

- Social activities
- Stamina Training
- High protein intake

04 Pre-Menstruation Day 22 to 28

In this phase, since the egg is not being used by the body, the body starts preparing to release the egg out of the human body.



YOU MAY EXPERIENCE

- Fluctuating emotional states
- PMS symptoms due to hormonal changes.

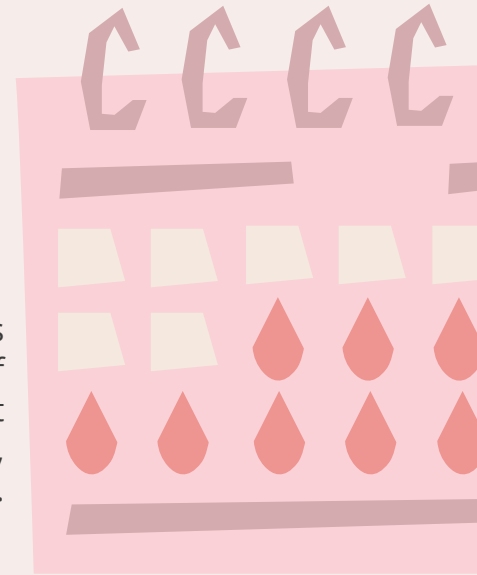
RECOMMENDED FOCUS

- Make time to relax
- Low impact exercise
- Stress reduction activities

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MENARCHE

Menarche, the onset of one's first period, typically occurs between the ages of 11 and 14 and signifies the beginning of reproductive capability. Many experience physical discomfort such as dysmenorrhea and mood swings during menstruation, potentially impacting psychological well-being and self-esteem.



PERI MENOPAUSE

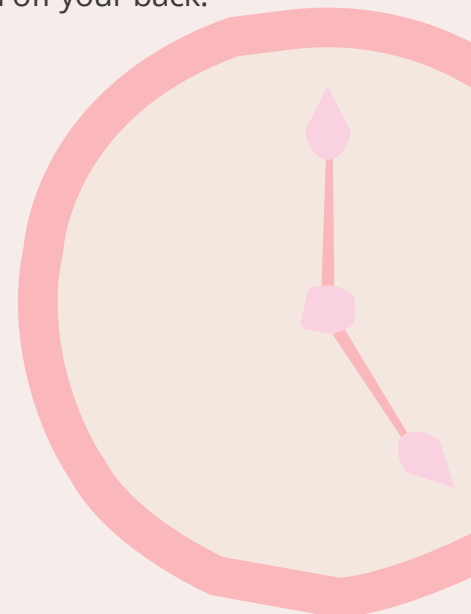
Perimenopause signifies the transition to menopause. Estrogen levels fluctuate irregularly during this time. Menstrual cycles may become erratic. Ovulation may occur less frequently.



MENOPAUSE

Menopause marks the end of menstruation for 12 months. It usually happens around age 51. Decreased hormone levels can cause mood swings that make you less able to cope with things you'd normally let roll off your back.

PERIODS THROUGH ONE'S LIFETIME

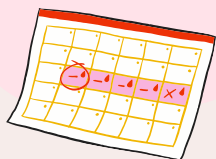


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DEBUNKING MENSTRUATION MYTHS

Myth

Periods should last for 7 days



Fact

Period length is very variable for everyone

Myth

During periods girls are impure



Fact

There are no indicators that would define a person as pure or impure

Myth

You shouldn't wash your hair when on periods



Fact

Maintaining hygiene is important. Taking a warm bath can help alleviate period pain.

Myth

If you miss your periods, you are pregnant



Fact

Missing a period could result from factors like stress, hormones, lifestyle, PCOS, and more.

Myth

Any form of physical activity can disturb menstrual flow



Fact

Physical activity does not impact the menstrual flow

Myth

Talking about periods or getting sanitary pads in public is shameful and should be covered/not talked about.



Fact

Menstruation is the MOST human phenomenon and should be treated as one.



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Creating SPACES FOR ALL



Tracking periods to take necessary precautions



Indulging in the food cravings but mindfully



Use heat pads or take hot showers



Visiting and talking to a doctor about your symptoms and experiences



Talking and sharing about your menstrual cycle



Exercise

SELF

OTHER



Continue your support



Being attentive



Being patient with others



Giving them space if needed



Validating their pain and experience



Being considerate of other people's menstrual pain when they are sharing their experiences

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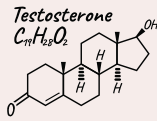
MATCH THE PERIOD COLUMN



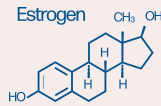
Released in excess when in stressful situations



Male sex hormone that is also present in females in a smaller ratio



Female sex hormone that is also present in males in a smaller ratio



Lots and lots of self-care



My extra fertile phase

MY PERIOD DIARY

My period self-care would look like

Signs that tell me that my periods are fast approaching are

EXPERT'S DIALOGUE



Dr. Shweta Shah – (MS DNB OB & GYN, FMIS – Fellow Minimal Invasive Surgery – Gynaecology)
Consultant Gynaecologist & Endoscopic Surgeon – Cloudnine Hospital, Mumbai
Founder & Director Tvameva Clinic, Andheri.

As a gynaecologist, I am deeply committed to promoting women's health and well-being across all stages of life. One of the most important aspects of my practice is educating individuals about reproductive health from adolescence to menopause. For students, I emphasize the importance of understanding their bodies, menstrual health, and the significance of regular check-ups. Early education can empower young individuals to take control of their health and seek assistance when needed. When it comes to older adult women, my focus shifts towards addressing age-related concerns such as menopausal symptoms, osteoporosis, and pelvic floor disorders. I often encounter cases where older women hesitate to discuss their health issues due to stigma or embarrassment. Hence, creating a safe and supportive environment is crucial in facilitating open communication and providing appropriate care.

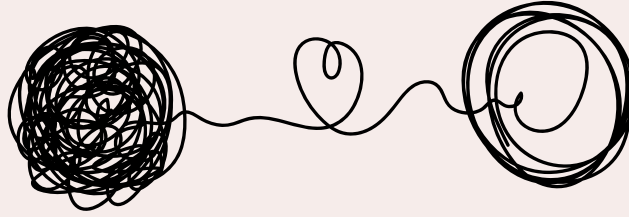
The menstrual cycle profoundly impacts both mental and physical well-being in women. Hormonal fluctuations can lead to changes in mood, energy levels, and physical symptoms. Understanding these effects is crucial for promoting overall health and quality of life.

The menstrual cycle can cause a range of physical symptoms, including cramps, bloating, breast tenderness, and headaches. For some women, these symptoms are mild and manageable, while for others, they can be debilitating and interfere with daily activities. Hormonal fluctuations can impact mental health as well. Many women report mood changes, irritability, anxiety, or depression at different phases of the cycle. These symptoms are pronounced in individuals with premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD).

Understanding the interplay between the menstrual cycle and physical/mental well-being allows healthcare providers to offer tailored support and treatment. From lifestyle modifications to hormonal therapies, there are various strategies available to help women manage the effects of their menstrual cycle on their overall health and functioning.

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Help is a call away



PROJECT MUMBAI IS HERE FOR YOU!

If you or any adolescent you know is experiencing any mental or emotional distress, kindly call on Project Mumbai toll-free mental health helpline number:

SAMVAAD **A Helpline for Adolescents** **1800-102-4040**

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

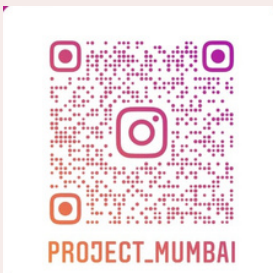
In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org

- **ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111 (MON-SAT, 8AM-10 PM)**
- **HUMSAFAR TRUST (LGBTQIA+)- 0226673800 (MON-FRI, 10 AM-8PM)**
- **ARPAN (CSA)- +91-9819086444 (MON-FRI, 9AM-6PM)**
- **AASRA (SUICIDE PREVENTION)- +91-9820466726 (7 DAYS A WEEK, 24 HOURS)**

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