

Period Pointers 🙌

1. **Apply heat.** For cramps, apply heat to the abdomen or back. A heating pad may help relieve aches and cramps.
2. **Relax.** A bath can help relax the muscles in the abdomen, back, and legs. And don't worry...

(Did you know?) ... Water has way more resistance than air, so the water counteracts the blood flowing out of the vagina.

3. **Gentle exercise.** Although exercising may be one of the last things you want to do when you're on your period, gentle stretching or going for a walk will release endorphins – nature's natural pain relievers!
4. **Drink lots of warm, herbal tea.** Teas with peppermint, ginger, raspberry leaves or chamomile may help with cramps, bloating or nausea. And staying hydrated in general is a good thing!
5. ***Ask a parent or guardian if you are allowed to take pain medication like Advil or Tylenol, to relieve menstrual cramps.**

Did you know that really painful periods don't have to be the "norm"? Pain or other symptoms that are interfering with your life may be a sign of hormonal imbalance. You can contact a FEMM provider to get help or learn more at: www.femmhealth.org

Also, some teens feel less stressed about getting their period if they are prepared. This can be as simple as having a few pads or tampons in a zipper pouch in your backpack or, you can prepare a more deluxe version. Whatever your style, here are some ideas to be prepared, wherever, whenever, period.

Period kit ideas:

- A cool pouch/makeup bag to hold all your goodies
- Pads or tampons
 - Some teens experience discomfort from the plastics and fragrances in regular pads or tampons. To avoid this, there are a lot of great cotton pads/tampon options available in stores. Menstrual cups are another option that you might want to explore. See what works for you!
- Herbal tea bags/hot chocolate mix
 - Tip: if you bring your own tea bag, most coffee shops will give you a cup of hot water for free if you say please.
- Advil/Tylenol*
- Extra pair of underwear - or you can consider trying “period underwear” that absorbs your bleeding.
- Comforting fragrance like lavender essential oil, rose, etc.
 - You can get small samples of fragrances at most department stores. These sample-sized products are the perfect size!
- Hair elastics
- Lip Balm (doesn’t help with cramps... but keeps you shining)
- Individually wrapped emergency chocolate (definitely helps) ;)

*Ask a parent or guardian before taking pain medication like Advil or Tylenol.