

# Menstruation, Stress Free periods

**Swetha Sree\***

Health Activist, Writer, India

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**\*Corresponding authors:** Swetha Sree, Health Activist, Writer, Coimbatore, Tamil Nadu, India

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## Introduction

Menstruation can be a challenging time for many, and the physical and emotional toll can leave you feeling overwhelmed. However, it doesn't have to be this way. With the right approach, it is entirely possible to stay calm and collected during your period, managing the stresses and strains that come with it. In this article, we'll explore some practical and proven tips to make your menstruation experience more manageable and stress-free periods (Figure 1).



**Figure 1**

## Understanding Menstruation: The Basics and Emotional Impact

Menstruation is a natural biological process that every woman experiences. While the physical symptoms like cramps, bloating, and fatigue are widely known, the emotional impact can often be overlooked. Hormonal fluctuations during your cycle, particularly in the luteal phase (which occurs just before menstruation), can cause mood swings, irritability, and anxiety. It is essential to acknowledge the emotional side of menstruation.

## Balanced Diet for Hormonal Health

A well-balanced diet plays a significant role in how you feel during your menstrual cycle. Eating foods rich in magnesium, iron, and vitamin B6 can help regulate your hormones and reduce symptoms like mood swings and fatigue. Foods like leafy greens, nuts, seeds, bananas, and whole grains can help restore your energy and balance your hormones.

## Gentle Exercise

While high-intensity workouts might feel overwhelming during your period, engaging in low-impact activities like yoga, walking, or swimming can significantly reduce stress. These exercises help release endorphins, which are natural mood boosters, and can also reduce the severity of cramps and bloating.

## Menstrual Cycle and Its Impact on Your Body

The menstrual cycle typically lasts between 21 and 35 days and involves several phases. The cycle is regulated by hormones, and it can affect the body in numerous ways.

While the menstrual phase, when menstruation occurs, is the most prominent, the Premenstrual (PMS) and ovulation phases also play significant roles in how you feel throughout the month.

The hormonal fluctuations during these phases can lead to a range of symptoms like bloating, fatigue, headaches, cramps, and mood changes. Understanding these bodily processes is the first step in addressing discomfort and adopting strategies for stress-free periods.

## How Best XL sanitary pads for women plays a role in Managing Menstruation with Ease?

XXL sanitary pads are typically larger and more absorbent than regular-sized ones. This enhanced absorbency makes them ideal for women with a heavier flow, especially during the first few days of menstruation.

With their larger surface area, best XL sanitary pads for women provide more coverage, which means better protection against leaks. This increased coverage helps ensure that women feel secure, even when they are engaging in physical activities or sleeping through the night.

## Free from Harmful Chemicals and Reduces Risk of Skin Irritation and Allergies

Organic cotton pads, tampons, and menstrual cups are made from natural, unbleached cotton. They contain no chlorine bleach, dyes, or pesticides, which means they are less likely to irritate the skin or disrupt your hormonal balance. By eliminating these chemicals, organic products are a gentler and safer choice for your body.

Conventional feminine hygiene products often contain synthetic materials, such as polyester and rayon, which can cause irritation, itching, and allergic reactions in sensitive individuals. Organic cotton, being naturally breathable and hypoallergenic, reduces these risks, ensuring a more comfortable menstrual experience.

## Prioritize Sleep and Rest

Getting enough rest is essential for managing stress and maintaining overall well-being for Stress-Free Periods. Poor sleep

can exacerbate symptoms like fatigue, irritability, and cramps, while adequate rest can help rejuvenate your body and reduce discomfort. Try to establish a regular sleep schedule, aiming for at least 7-8 hours of sleep each night.

## Explore Pain Relief Options

For those who experience significant menstrual pain, over-the-counter pain relief medications such as ibuprofen or naproxen can be highly effective in reducing cramps and inflammation.

These medications work by inhibiting the production of prostaglandins, the chemicals responsible for causing pain and uterine contractions. Always follow the recommended dosage and consult a healthcare professional if you have any concerns about long-term use.

## Herbal Teas for Relief

Certain herbal teas can help to calm your body during menstruation. Chamomile and ginger tea are known for their anti-inflammatory properties and can help reduce cramps and bloating. Peppermint tea is another excellent option for relieving digestive discomfort during your period.

## Heat Therapy for Cramps

A heating pad or hot water bottle can be incredibly soothing for menstrual cramps. Applying heat to the lower abdomen helps to relax the muscles and alleviate pain. If you don't have a heating pad, a warm bath can also work wonders in reducing cramping and promoting relaxation.

## How to Choose the Right Organic Sanitary Napkin for You?

When selecting an organic sanitary napkin, it's important to consider factors such as absorbency, material, and size. Ensure that the product is certified organic and free from toxic chemicals.

Some brands also offer pads with different levels of absorbency, so you can choose one that fits your menstrual flow. Additionally, some organic sanitary napkins are designed for overnight use, while others may be better suited for daytime activities.

## Empower Yourself with Knowledge and Patience

Menstruation doesn't have to be an overwhelming experience. By adopting healthy habits, practicing relaxation techniques, managing stress, and utilizing natural remedies, you can stay calm, collected, and experience stress-free periods during your period. Remember that every woman's body is different, so finding what works best for you may take some time.