

Menstruation

Hormones Impact Emotions

Everyone's menstrual cycle is unique. It is common for days to be a couple days off during puberty. This diagram shows the average cycle. Yours may look different! If your period is too early, too late, or more frequent, it's important you tell your doctor.

Menstrual

Menstrual Phase: The uterus sheds its lining resulting in bleeding, also called a period.

Hormones: Estrogen and progesterone levels are low.

Day 1-6: Length of menstruation lasts between 4-7 days with a steady increase in mood and energy levels.

Emotions:
Start: *tired, fatigue, cramping*
End: *creative, motivated*

Luteal

Luteal Phase: The uterus thickens its lining to prepare the body for the possibility of a fertilized egg.

Hormones: Estrogen and progesterone levels are low.

Day 16- 22: Lower energy levels and social withdrawal.

Emotions: *drained, tired, introversion*

Day 23-30: Increased energy, skin sensitivity and appetite.

Emotions: *detail oriented, focused, driven*

Follicular

Follicular Phase: The ovaries prepare eggs for ovulation.

Hormones: Estrogen is high and progesterone is low.

Day 7-14: Increased energy levels, emotional state, and metabolism.

Emotions: *positive, energized, affectionate*

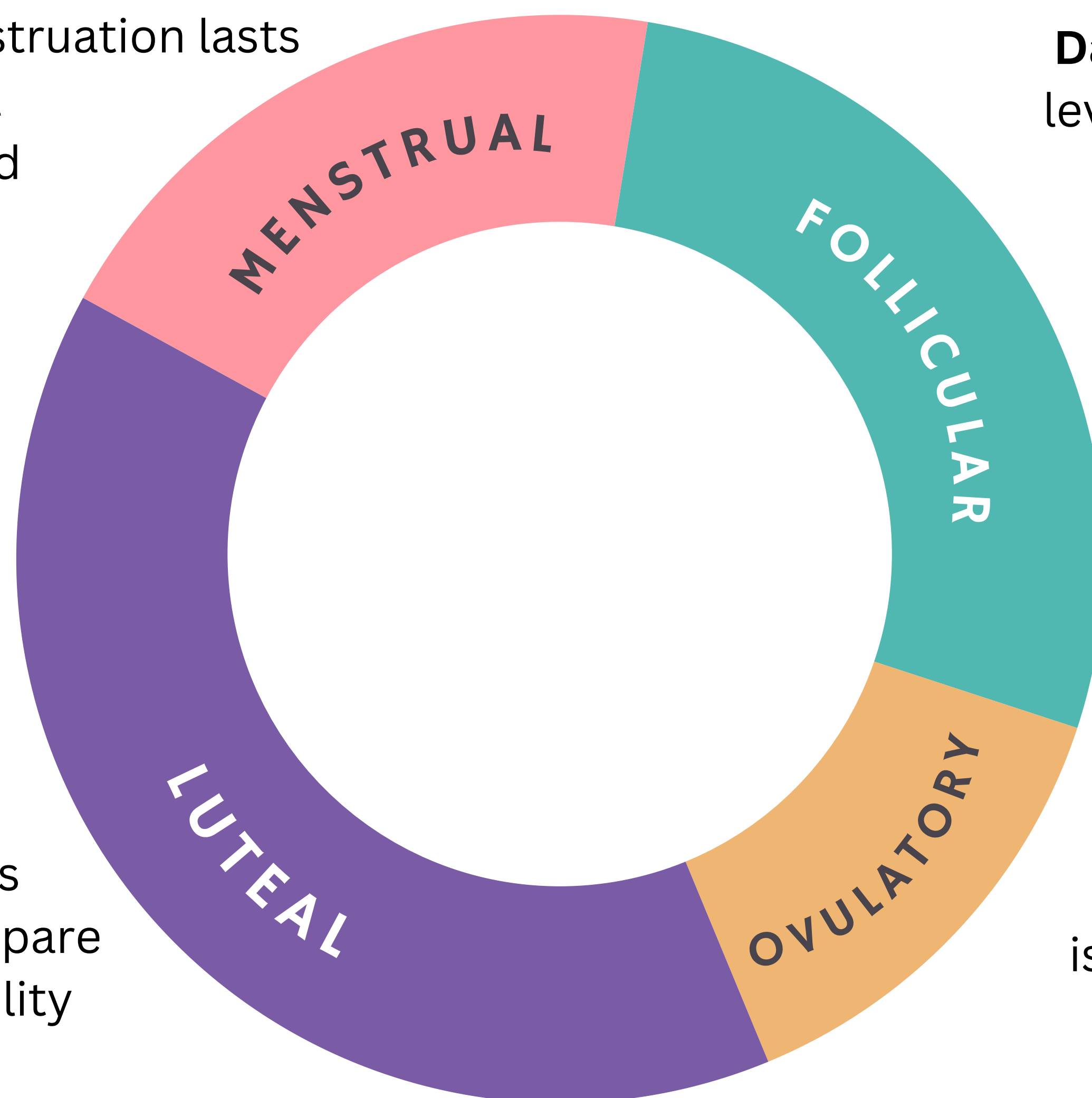
Ovulatory

Ovulatory Phase: An egg is released from the ovary and travels through the fallopian tube.

Hormones: Estrogen is low and progesterone is high.

Day 15: Lasts one day but effects can be felt for about 3 days.

Emotions: *social, confident, powerful, passionate*



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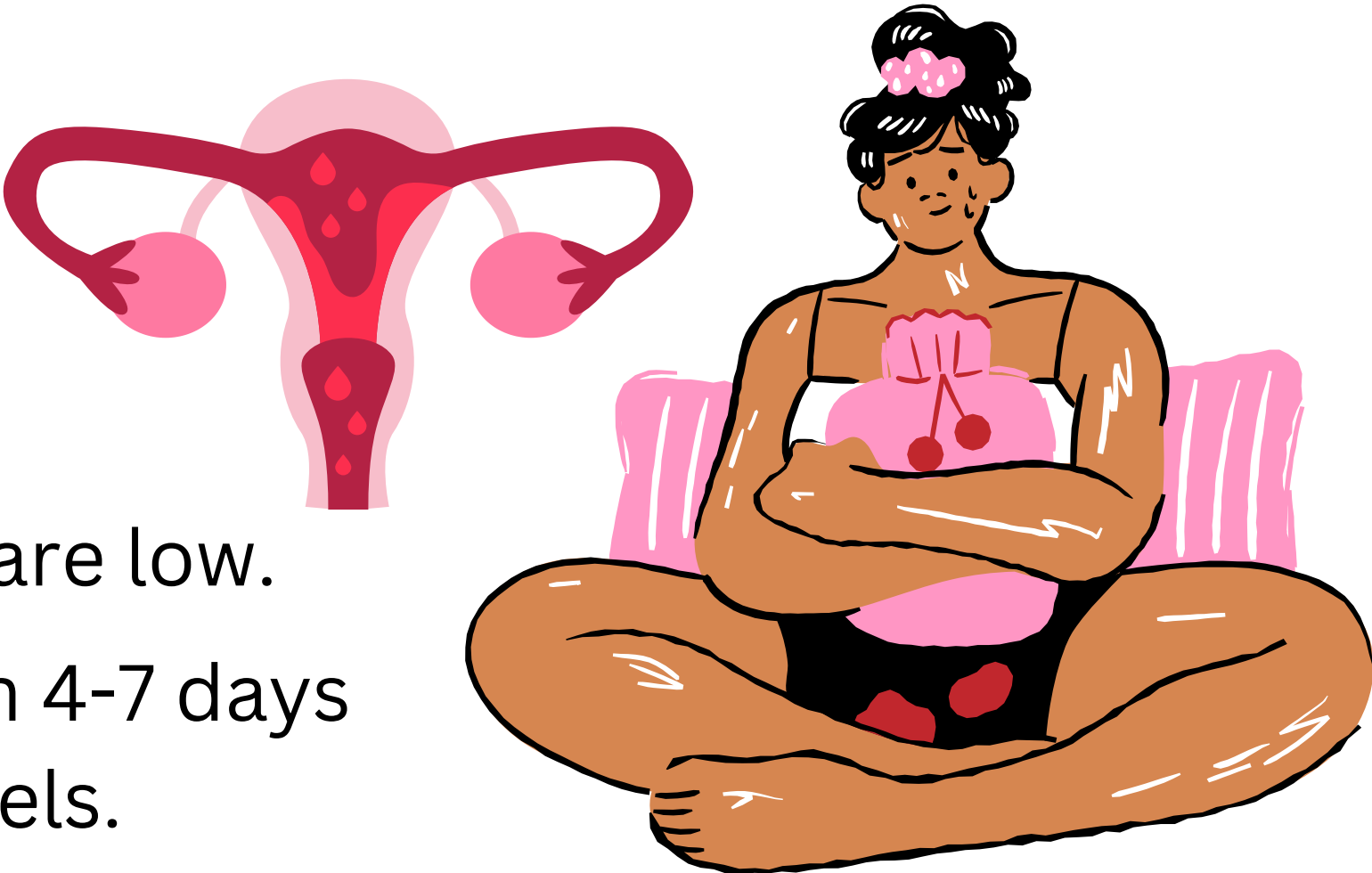
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