

7 TIPS FOR PERIOD PAIN

✘ How to LIVE LIFE during your painful periods ✔

POOP

Constipation may make you feel even more sluggish
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HYDRATION

Not drinking enough water may make cramps, bloating, and discomfort worse
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EXERCISE

Lying in bed all day is rarely the answer to pain
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HEAT

Warm baths, heating pads, and hot water bottles
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PERINEAL COMPRESSION

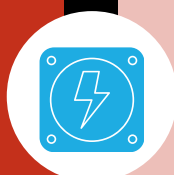
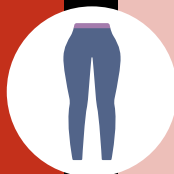
Supportwear like compression leggings and shorts, or stand alone devices like the pelvic bra or femme jock
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SLEEP

People with a sleep deficit may be hypersensitive to pain
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TENS

A TENS unit produces a gentle electrical current that reduces pain in many people



FACT

Pain-free, strain-free daily poops like a ripe, squishy banana
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FACT

Staying hydrated helps keep all your pipes running smoothly
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FACT

Gentle stretches, walking & yoga may make you feel better & increase your energy
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FACT

Heat on your belly or low back helps reduce pain & tension
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FACT

Perineal compression helps to lift and support delicate tissue. It may reduce pain and cramping for some people.
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FACT

Aim for 8 hours of sleep each night
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FACT

Using the TENS unit on your belly or back quiets your nervous system as well as reduces muscle tension and painful guarding

