

## MENSTRUAL CYCLE ACTIVITY SHEET 2



Below are feelings that can be felt during the menstrual cycle: some are physical feelings, and others are emotional.

Sort between the two categories of physical and emotional.

Cramps  
Tired  
Irritable  
Headache  
Hungry  
Tender breasts  
Nausea (feel sick)  
Bloating  
Teary  
Overwhelmed  
Antisocial  
Sad  
Angry

Physical Feelings	Emotional Feelings

Choose 3 feelings and write strategies to try and help.

## How can you help to relieve these feelings?

Use your own ideas or some of the ideas below to provide suggestions that can help 3 of the feelings on the previous page.  
An example has been done for you.

<b>Feeling:</b> Headache	<b>Suggestion to help:</b> Drink water	<b>Idea bank</b> <ul style="list-style-type: none"> <li>• Wear loose clothing</li> <li>• Have a warm bath</li> <li>• Relax and read a book</li> <li>• Talk to a friend</li> <li>• Take a few breaths</li> <li>• Use a hot water bottle</li> <li>• Gentle exercise</li> <li>• Wear a supportive bra</li> <li>• Drink water</li> <li>• Limit screentime</li> </ul>
<b>Feeling:</b>	<b>Suggestion to help:</b>	
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