

checklist:

Premenstrual Syndrome

- Chart your cycle so that you know the 'difficult' days for you and reduce your load at that time.
- Get more rest overall but especially in the week before and during your period.
- Be more assertive throughout the menstrual month – take a stand for your own needs/passions and do less for others.
- Get clear about your boundaries.
- Ask for more help especially before and during your period.
- Consider there is truth in your 'reactivity'. Apologise for how you spoke but not for what you said. Learn to speak more cleanly.
- Nourish your body with good mineral rich food (check Lesson 4).
- Avoid alcohol, coffee and tea.
- Practice kindness with yourself.
- Consider you might be a highly sensitive person, intuitive, even possibly psychic and not able to handle that. Check out www.hsperson.com.
- Sometimes a history of abuse or trauma can result in extreme mood states in the premenstruum and particularly the day or so before the period. Get appropriate counselling or psychotherapy as well as practicing menstrual cycle awareness.
- Try Epsom salt baths, Maya abdominal massage, Deer Exercise (see Lesson 6).
- Use the de-stressing technique EFT (www.thetappingsolution.com) and anything else that allows you to chill and feel more soothed (check Lesson 3)

- Write a letter to yourself in the 'good time' of the month acknowledging all the things you have achieved and celebrate yourself. Read this letter when you are struggling in the premenstrual time.