

checklist:

Period Pain

- Go through the checklist for PMS because it will help you to reduce stress prior to the bleed, which in turn eases pain. We can't emphasize this more strongly
- Chart the cycle and plan for your period so that you can take some time out.
- Reduce your workload premenstrually.
- Let go completely at menstruation *as best you can* and feel the pain.
- Avoid painkillers as much as possible – surrender, do nothing.
- Learn yoga poses that strengthen the pelvic region. Do throughout the month, and also when you're in pain. Belly dancing can ease pain too.
- Enjoy orgasms – research has shown that having an orgasm can ease period pain.
- Learn about the powers of menstruation itself through cycle awareness (see our *Menstrual Cycle Literacy* and *Foundations* courses). Imagine that your pain is drawing you deeply into exploring those powers.
- Follow healthy dietary regulations as closely as possible and support digestion.
- Avoid tampons, better still try cloth pads.
- Try Maya abdominal massage and the Deer Exercise. (details in the HH course)
- Try castor oil packs. (details in the HH course)