

6 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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FACT

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

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HYDRATION

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

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FACT

Staying hydrated helps keep all your pipes running smoothly

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EXERCISE

Lying in bed all day is rarely the answer to pain

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FACT

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

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HEAT

Warm baths, heating pads, and hot water bottles

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FACT

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

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SUPPORT

Compression shorts/leggings and some spanx like shapewear

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FACT

Shorts that have belly & bottom support may help with cramping

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SLEEP

People with a sleep deficit may be hypersensitive to pain



FACT

Aim for 8 hours of sleep each night

