



# 5 minute guide: What is a “typical” menstrual cycle?

## Menstruation - day 1-6

Menstruation typically happens from Day 1 – 6. During menstruation (which is referred to as your period, the time which you are bleeding) your oestrogen is lower and you may or may not experience uterine contractions (cramps).

## Proliferative phase - days 7-12

The proliferative phase (after your period) is when oestrogen levels start to increase, which may also mean an increase in energy and feelings of positivity. Testosterone increases during this time too and people often report feeling on top of their game or feel able to do more.

## Ovulation - days 13-15

Day 13 – 15 is typically when ovulation occurs, an egg is released at this point and leads into the luteal phase. This is when sudden hormone changes occur, which can intensify emotions and increase tiredness.

Menstrual pain can vary from mild discomfort to severe cramps with a stabbing pain. In the case of debilitating pain, there might be an underlying cause. It's important anyone experiencing this speaks to their doctor if they feel they need help managing symptoms.

## Luteal phase- days 16-28

Day 19 – 21 in the Luteal phase is when oestrogen drops and testosterone and progesterone surge which can sometimes lead to sensitive skin and breakouts.

Day 23-25 sees high levels of progesterone which can cause bloating, lowered libido and sluggishness.

Day 25 – 28 can see PMS and associated symptoms like breast tenderness and cramps.

## Premenstrual symptoms

Hormonal changes can result in a wide range of symptoms, both physical and psychological. Typical symptoms may include:

- Mood swings
- Feeling down or anxious
- Feeling irritable
- Feeling bloated
- Headaches
- Breast tenderness or changes
- Loss of interest in sex
- Changes in skin (like spots or dryness)
- Changes in appetite
- Tiredness and/or difficulty sleeping

## Typical menstrual cycle

