

Period Proud Carmarthenshire

Easy Read guide about periods and menopause.



Ariennir yn Rhannol gan
Lywodraeth Cymru
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Cefnogwyd gan
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Cyngor **Sir Gâr**
Carmarthenshire
County Council

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In this guide you will find



Periods are Normal

Learn why periods happen.



Period Products

See the different options to look after your period.



Menstrual Cycle

Understand what happens in your body each month.



Working with Your Cycle

Understand your 'inner seasons'



Self-Care During Your Period

Simple ways to rest and relax.



Caring for Someone on Their Period

How to show kindness and support.



Menopause

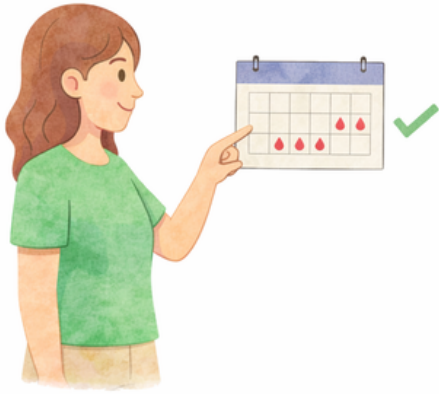
Learn what menopause means.



Menopause Self Care

Tips for sleep, food and exercise.

Periods are Normal



Periods are normal.
They are not a choice.



Most girls, women and
some trans and non-binary
people have periods.



Periods are when girls,
women, and some trans
and non-binary people
bleed from their vagina for
a few days each month.

Periods are Normal



Periods are not dirty.

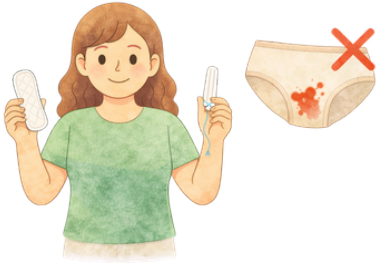


No one should be treated unfairly because they have a period.



Having periods should never stop you from doing things you enjoy.

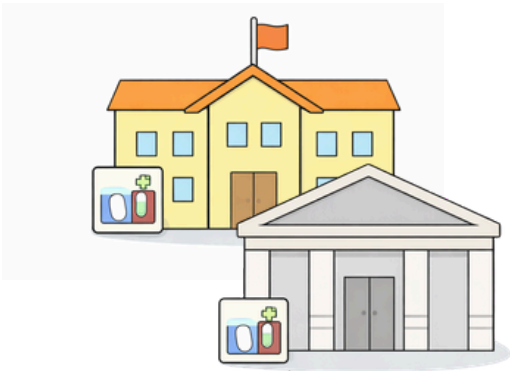
Period Products



Period products are used to stop blood from going onto your clothing when you are on your period.



Everyone should be able to use products in a private, safe space.



If you need period products, you can get them for free in schools and from collection points across Carmarthenshire.



If you are not sure where to go, ask a teacher, youth worker, or community hub.

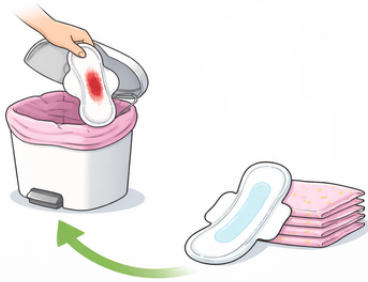
Period Products



There are two types of period products:
disposable and **reusable**.



Reusable, you wash and use again

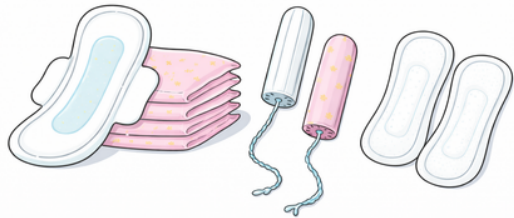


Disposable - you throw away in the bin after use and use a new one

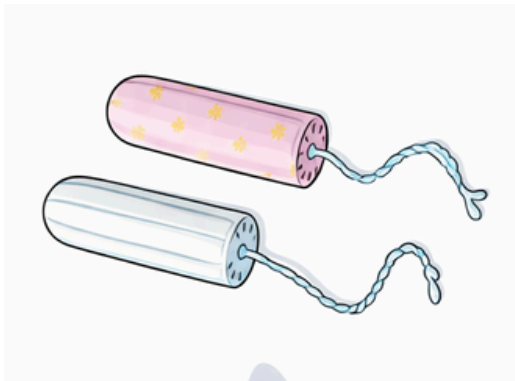


There is no right or wrong way. Choose what makes you feel clean, comfortable and confident.

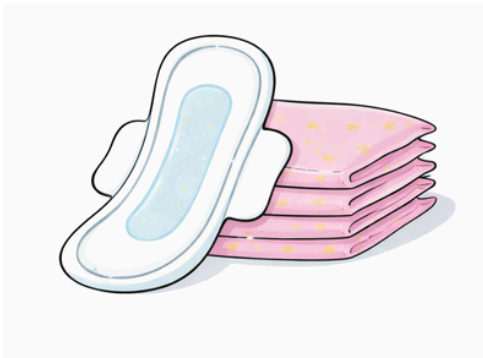
Disposable Products



Examples of Disposable Products: pads, tampons and panty liners.



Tampons go inside your body (the vagina) to soak up the period blood. You throw them away afterwards.



Sanitary Pads stick to your underwear to soak up the period blood. You throw them away afterwards.



Panty Liners stick to your underwear to soak up the period blood. Useful when you have less blood. You throw them away afterwards.

Reusable Products



Examples of Reusable Products: **Menstrual Cup**, **Cloth Pads** and **Period pants**.



A **menstrual cup** is soft and goes inside your body. It collects blood during your period. You wash it and use it again.

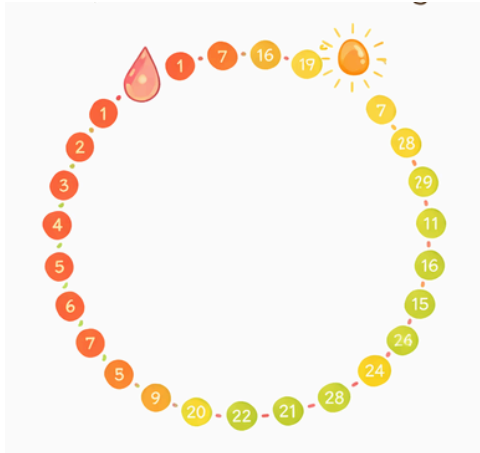


Cloth pads sit in your underwear. They soak up blood during your period. You wash them and use them again.



Period pants look like normal underwear. They soak up blood during your period. You wash them and use them again.

Menstrual Cycle



Your feelings change during the month due to your menstrual cycle.

It often lasts about 28 days. But it can be shorter or longer.



Your body sends messages around your body. These messages are called **hormones**.



Hormones can change how you feel.

28 Day Menstrual Cycle



Days 1 to 5

- Your Period

This is when bleeding happens. You might feel tired or have tummy cramps. It's a good time to rest and be kind to yourself.

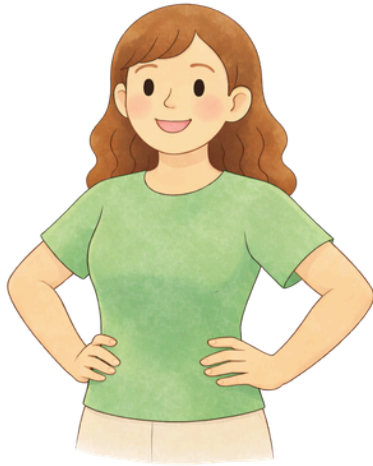


Days 6 to 14

- Follicular Phase

Your body starts feeling less tired again. You may feel more creative. It's a good time to plan and try new things.

28 Day Menstrual Cycle



Around Day 14

- Ovulation

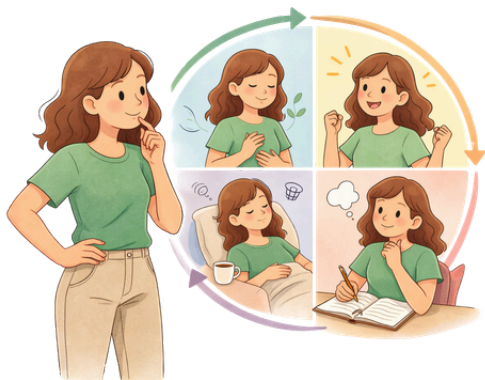
Your body releases a tiny cell, called an 'egg'. You might feel confident and sociable.



Days 15 to 28

- Luteal Phase

Hormones start to calm down again. You may feel slower or want to rest.



Remember:

Your cycle isn't good or bad; it's a pattern which can be helpful to understand.

Inner Seasons



You can imagine that the menstrual cycle is a bit like the cycle of the year, with different “seasons.”

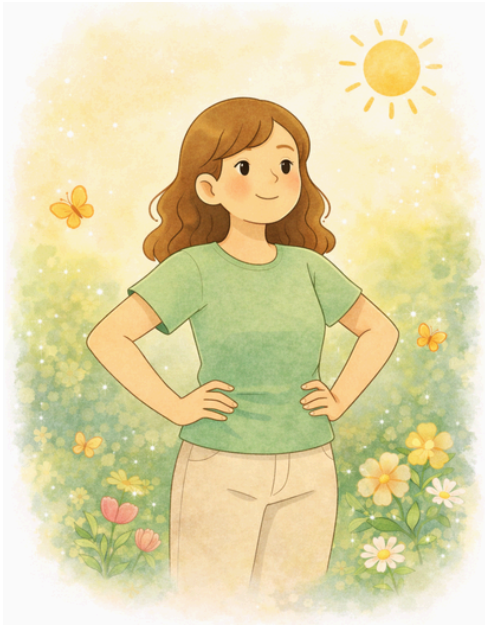


Some people think of their period as their “**inner winter.**” It can be a time to rest, keep warm, and slow down. Like you might in winter time.



Some people think of the follicular phase as “**inner spring.**” You may start to feel more energy and new ideas. Like you might in the springtime.

Inner Seasons



Some people think of ovulation as **“inner summer.”** You might feel confident and want to see friends more. Like you might in summer time.



Some people think of the luteal phase as **“inner autumn.”** You may feel calmer, thoughtful, or ready to slow down again. Like you might in autumn time.

Self Care During Your Period



Rest and Slow Down

Your energy might be lower. Do less if you can.



Keep Warm and Comfortable

Use heat for cramps.
Wear soft, comfortable clothes



Eat and Drink Regularly

Have warm, healthy meals.
Drink enough water.



Move Gently

Stretch, walk, or do light movement. Go at your own pace.

How to Care for Someone else on Their Period



Be Kind.

Offer warmth, like a blanket or hot drink.



Ask, “How are you feeling today?” Listen to their answer.



Respect Their Needs

Give space if they want it.



Offer Practical Help

Do a small favour, like making dinner.

Menopause



Menopause means your periods have stopped. You have not had a period for 12 months.



It usually happens around age 51. But it can happen earlier or later.



Menopause happens to all women and people with periods. It is a natural stage of life.



Before menopause, there is perimenopause. This is when hormones begin to change.

Menopause



Perimenopause can cause symptoms. These may include hot flushes, sleep changes, mood changes, brain fog, or fatigue.



A small number of people go through menopause before age 40. This is called premature menopause.



Menopause affects more than periods. It can affect your bones, heart, brain, skin, and mood.



Talk to your GP if you notice these symptoms.

Menopause Self Care



Self-care during menopause matters. Your body is going through a change and needs support.



Slow down. Rest more, lower pressure, and do less when you need to.



HRT. Hormone treatment can help some people with symptoms. A GP can talk you through options.



Exercise. Gentle movement and strength work can support mood, bones, and energy.

Menopause Self Care



Nutrition. Regular meals can help boost energy, mood, and overall wellbeing.



Sleep. Sleep changes are common. Sleep routines can help you rest more.



Community. Talking with others can reduce loneliness and help you feel supported.



You are not alone. Support and information are available and you deserve help that works for you.