



# Menstrual Phase Workshop Slides

*Session 4: Rest & Reset*

## Welcome & Sacred Rest

### MENSTRUAL PHASE WORKSHOP

#### Rest & Reset

Welcome to your sacred rest space

- Faceless refuge during menstruation
- Honor your body's natural wisdom
- Rest as productive, not lazy
- Gentle care for your monthly renewal

**Session Promise:** Transform how you experience menstruation - from burden to sacred pause, with practical comfort tools



# COMPLETING YOUR CYCLE WISDOM JOURNEY

🌱 **FOLLICULAR:** Fresh Start, Rising Energy ⚡ **OVULATORY:** Peak Energy, Peak Potential 🌙 **LUTEAL:** Sustainable Strength 🛏️ **MENSTRUAL:** Rest & Reset

## TODAY'S GENTLE AGENDA:

- 💧 **HONOR:** Menstruation as Sacred Pause
- 😊 **COMFORT:** Period Bloating Relief Strategies
- 🛏️ **REST:** Productive Rest vs. Guilt-Ridden Rest
- 🔄 **RENEW:** Preparing for Your Next Cycle

## Quiet Interactions:

- Gentle self-check-ins
- Rest permission granting
- Comfort strategy sharing
- Cycle completion celebration

You've learned to work WITH your cycle, not against it



# THE BIOLOGY OF SACRED REST

## Days 1-7: Your Body's Monthly Reset

### HORMONAL LANDSCAPE:

- All reproductive hormones at lowest levels
- Cortisol sensitivity decreased (natural calm)
- Brain hemispheres communicate differently
- Natural introspection and clarity enhanced

### BODY'S REST AGENDA:

- Uterine lining renewal process
- Inflammation naturally decreasing
- Iron levels may be lower (fatigue makes sense)
- Digestive system often more sensitive
- Energy reserves rebuilding for next cycle

### THE GIFT OF LOW HORMONES:

- Enhanced ability to see what's not working
- Clearer boundaries and authentic priorities
- Natural slowing allows for deep rest
- Preparation for the fresh start coming

**PERIOD BLOATING FACTORS:** Prostaglandins + digestive sensitivity + lower energy = need for extra gentleness



# UNDERSTANDING PERIOD BLOATING

## HOW IT'S DIFFERENT:

- 🔴 Lower abdomen focus (uterine area)
- 🌊 Often comes in waves with cramps
- 🔄 Changes throughout flow (heaviest = most bloating)
- 😴 Combined with fatigue (harder to "push through")
- 🏃♀️ Less responsive to high-intensity movement

## TYPICAL PATTERNS:

- Day 1-2: Often most intense
- Day 3-4: May improve as flow lightens
- Day 5-7: Gradual resolution as period ends
- Individual variation is completely normal

## WHAT MAKES IT WORSE:

- Dehydration (when you're losing fluids)
- High salt intake (increases water retention)
- Stress about the symptoms
- Trying to maintain normal intensity/pace
- Tight clothing around waist

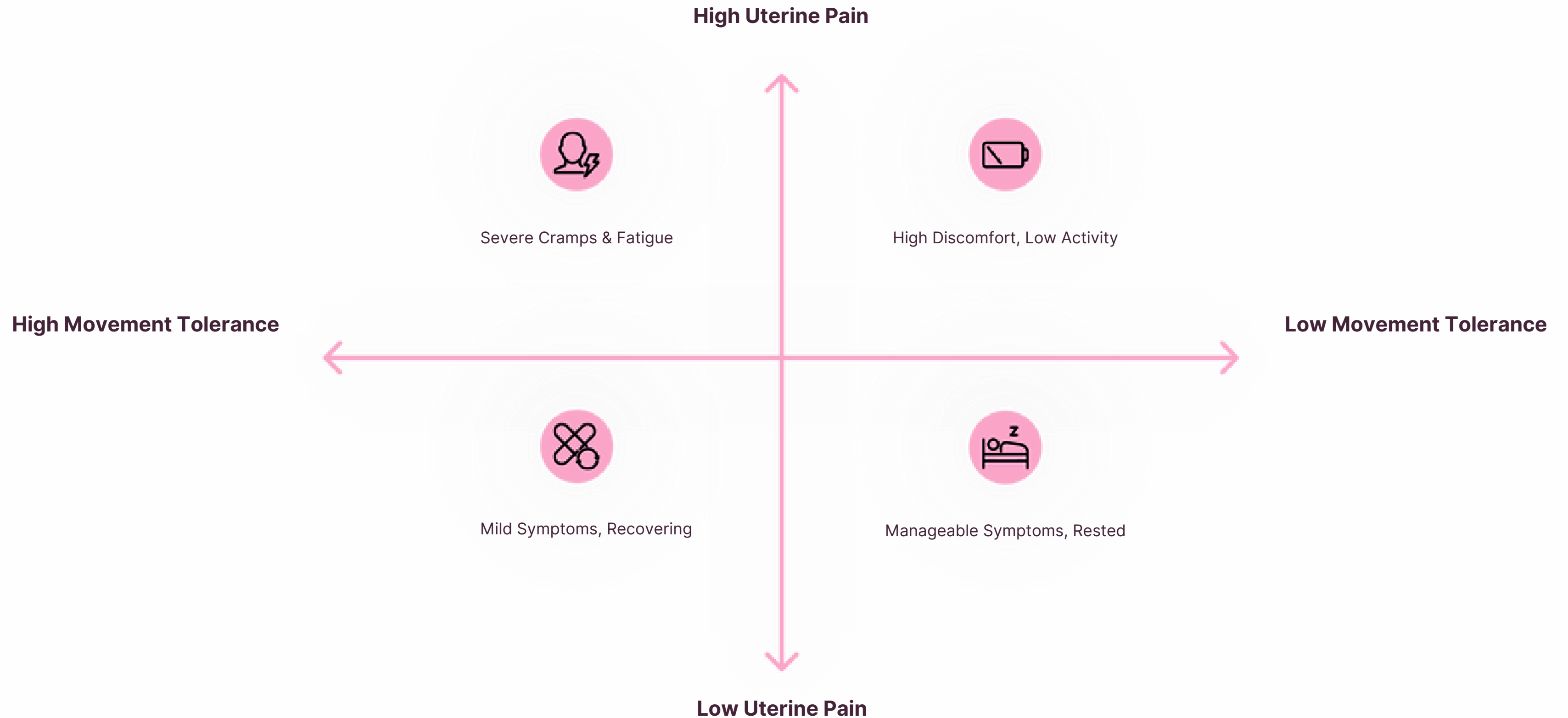
## WHAT ACTUALLY HELPS:

- ✓ Heat therapy (heating pads, warm baths)
- ✓ Gentle, flowing movement
- ✓ Anti-inflammatory foods and drinks
- ✓ Adequate rest and sleep
- ✓ Comfortable, loose clothing











# UNDERSTANDING PERIOD BLOATING





# MENSTRUAL PHASE CHECK-IN

**How do you typically experience your period?**

- A)  Relatively easy - minimal disruption to life
- B)  Manageable with good self-care strategies
- C)  Challenging but I've learned to cope
- D)  Exhausting - I need significant rest time
- E)  Difficult symptoms that impact daily life
- F)  Varies dramatically from cycle to cycle

## **GENTLE SHARE:**

What's one thing you wish people understood about periods? (No judgment - just honest experiences)

Remember: Your experience is valid, whatever it is.



# GENTLE NOURISHMENT FOR MENSTRUATION

## IRON RESTORATION:

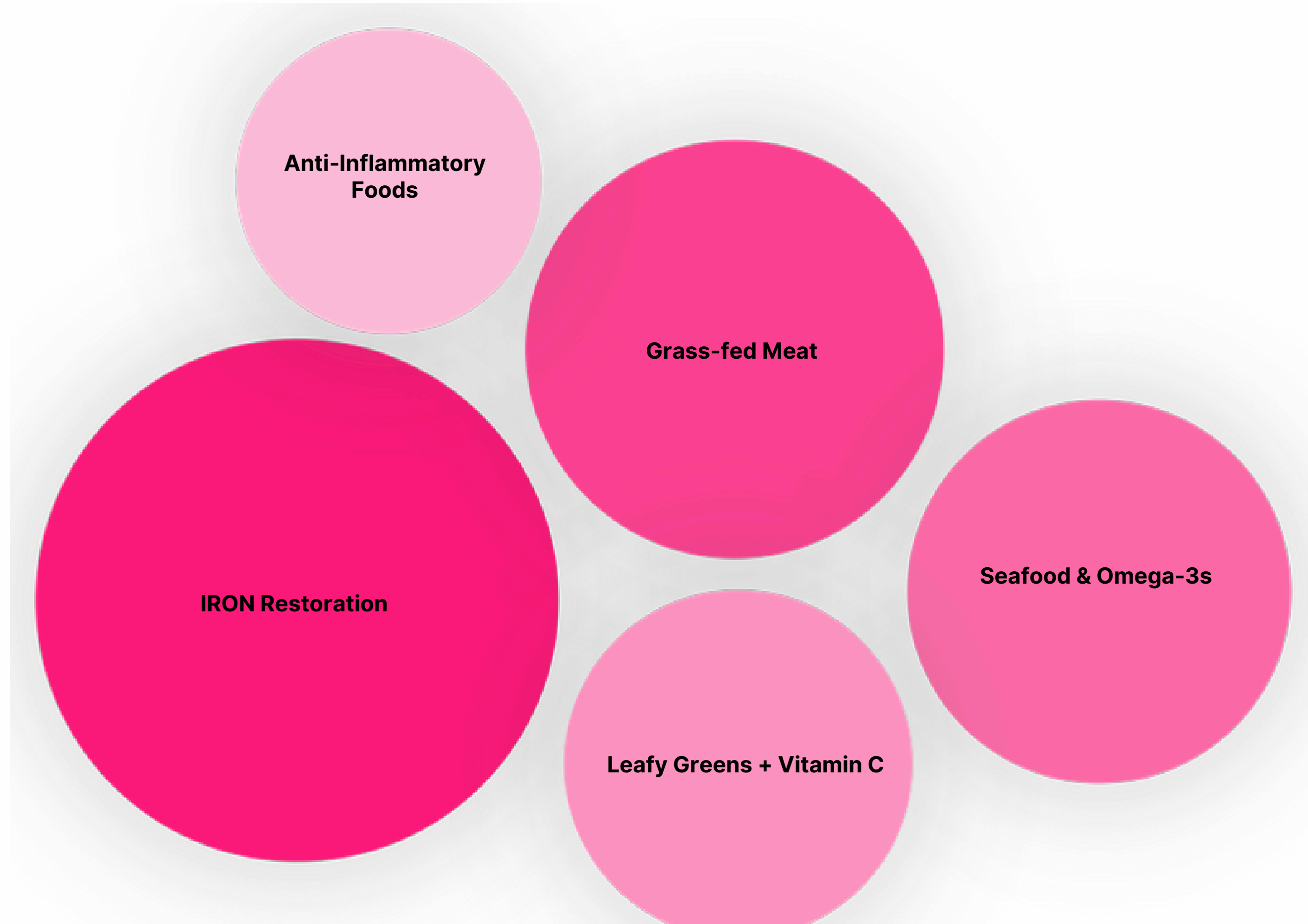
- 🥩 Grass-fed red meat (if you eat meat)
- 🐟 Fish and seafood
- 🌿 Dark leafy greens + vitamin C
- 🍫 Dark chocolate (with cacao)
- 🍲 Lentils, beans, chickpeas

## ANTI-INFLAMMATORY SUPPORT:

- 🍵 Ginger tea for nausea and cramps
- 🍒 Tart cherry juice for natural pain relief
- 🐟 Omega-3 rich fish for inflammation
- 🫐 Berries for antioxidants
- 🌶️ Turmeric with black pepper



# GENTLE NOURISHMENT FOR MENSTRUATION







# GENTLE NOURISHMENT FOR MENSTRUATION

## COMFORT FOODS THAT HEAL:

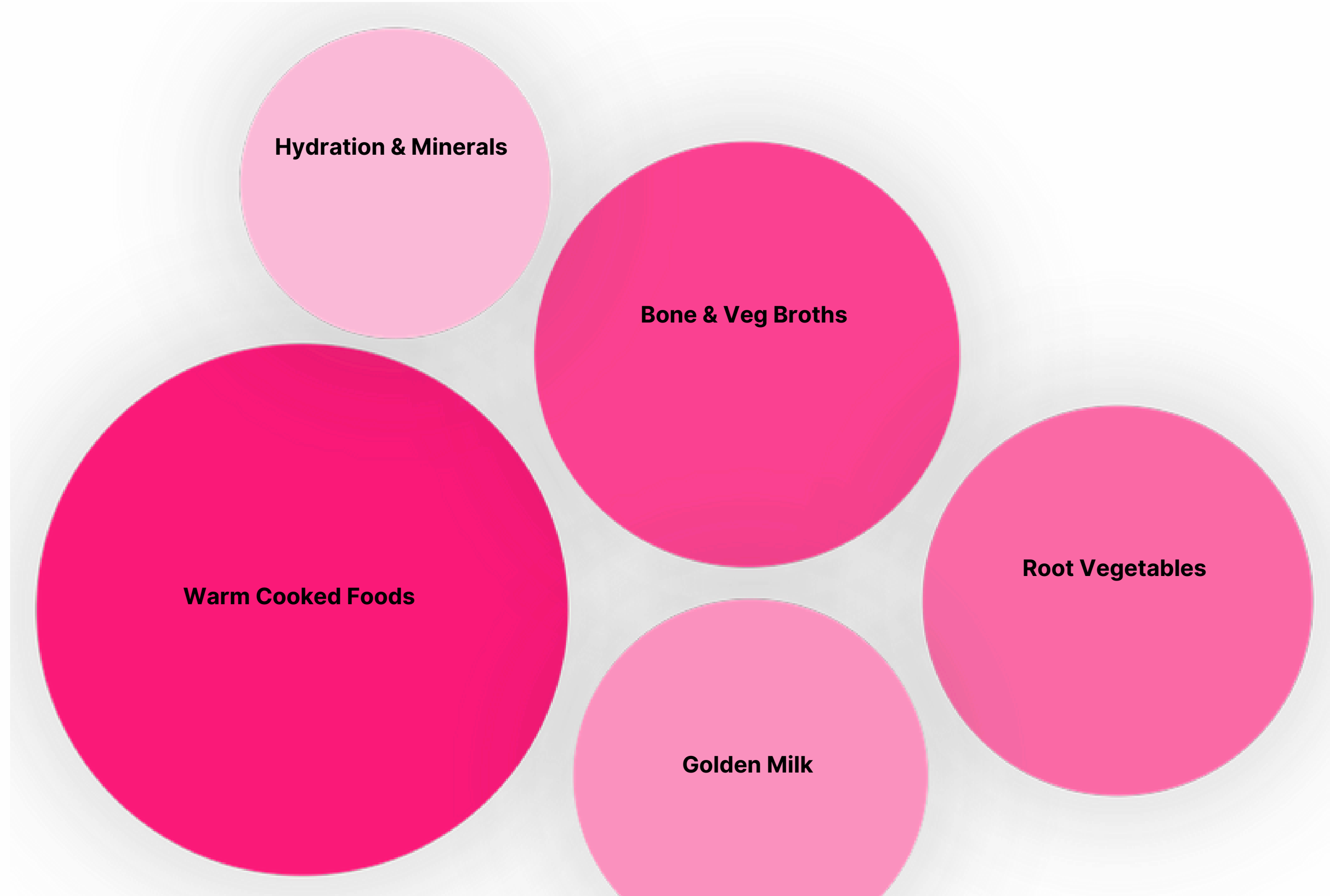
- 🍲 Warm, cooked foods over raw/cold
- 🍲 Bone broth or vegetable broths
- 🍷 Root vegetables for grounding energy
- 🥛 Golden milk (turmeric latte) for inflammation
- 🍵 Herbal teas: raspberry leaf, chamomile

## HYDRATION & MINERALS:

- 💧 Extra water (you're losing fluids)
- 🍹 Natural electrolytes (coconut water)
- 🥤 Magnesium drinks for muscle relaxation











# GENTLE NOURISHMENT FOR MENSTRUATION





# MOVEMENT THAT HONORS YOUR FLOW

## RESTORATIVE OPTIONS:

-   Gentle walks (fresh air helps symptoms)
-   Restorative yoga poses
-  Water movement (warm pool/bath)
-   Child's pose and gentle stretching
-  Breathing exercises for cramp relief

## INTENSITY GUIDELINES:

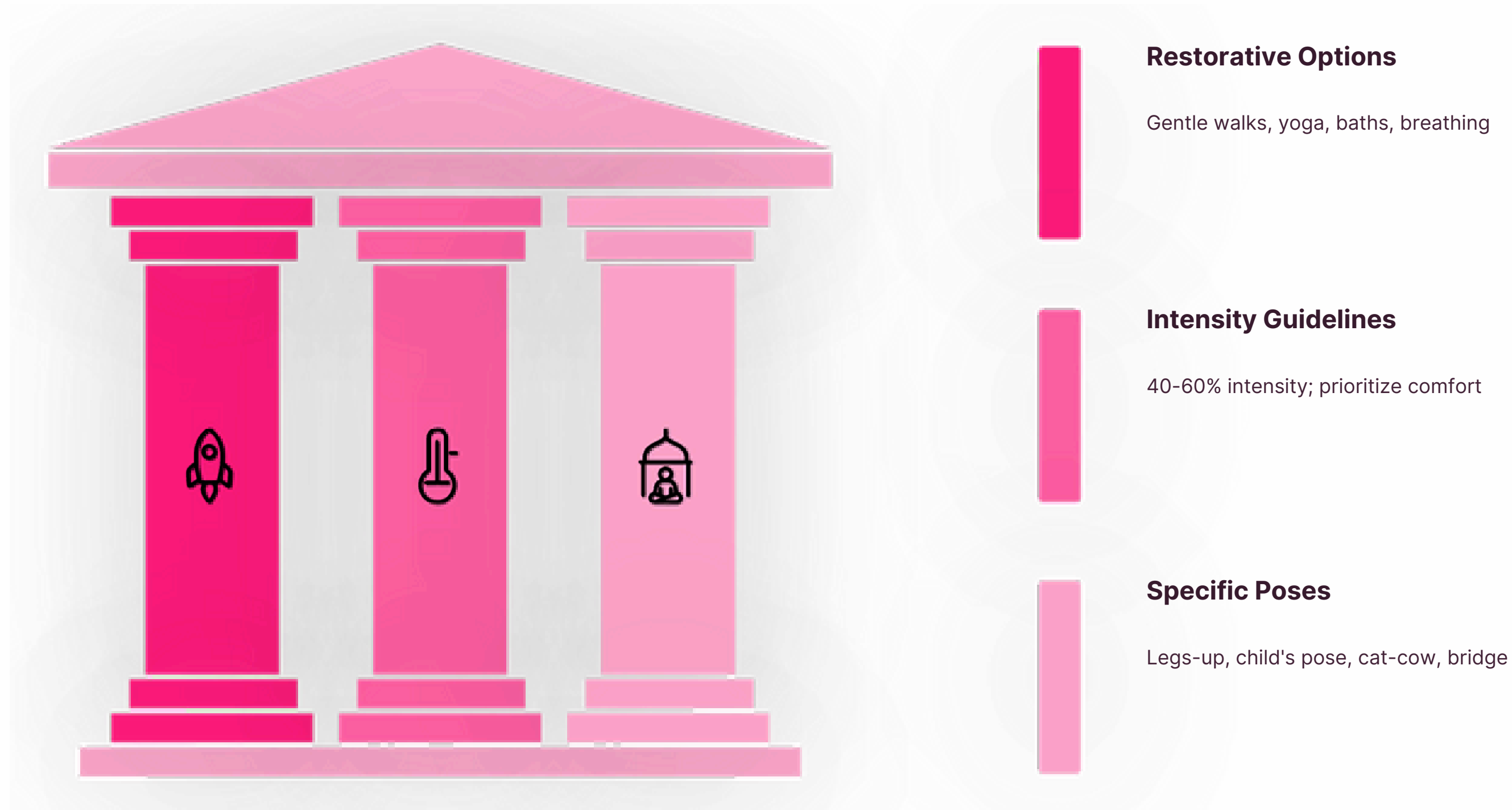
- 40-60% of your usual intensity maximum
- If it increases cramping, it's too much
- Focus on comfort, not performance
- Honor your body's "no" - rest is valid
- Some cycles require more rest than others

## SPECIFIC POSES FOR PERIOD RELIEF:

- Legs up the wall (reduces bloating)
- Supported child's pose (cramp relief)
- Gentle cat-cow (digestive massage)
- Side-lying with pillow between knees
- Supported bridge pose (opens hips)



# MOVEMENT THAT HONORS YOUR FLOW

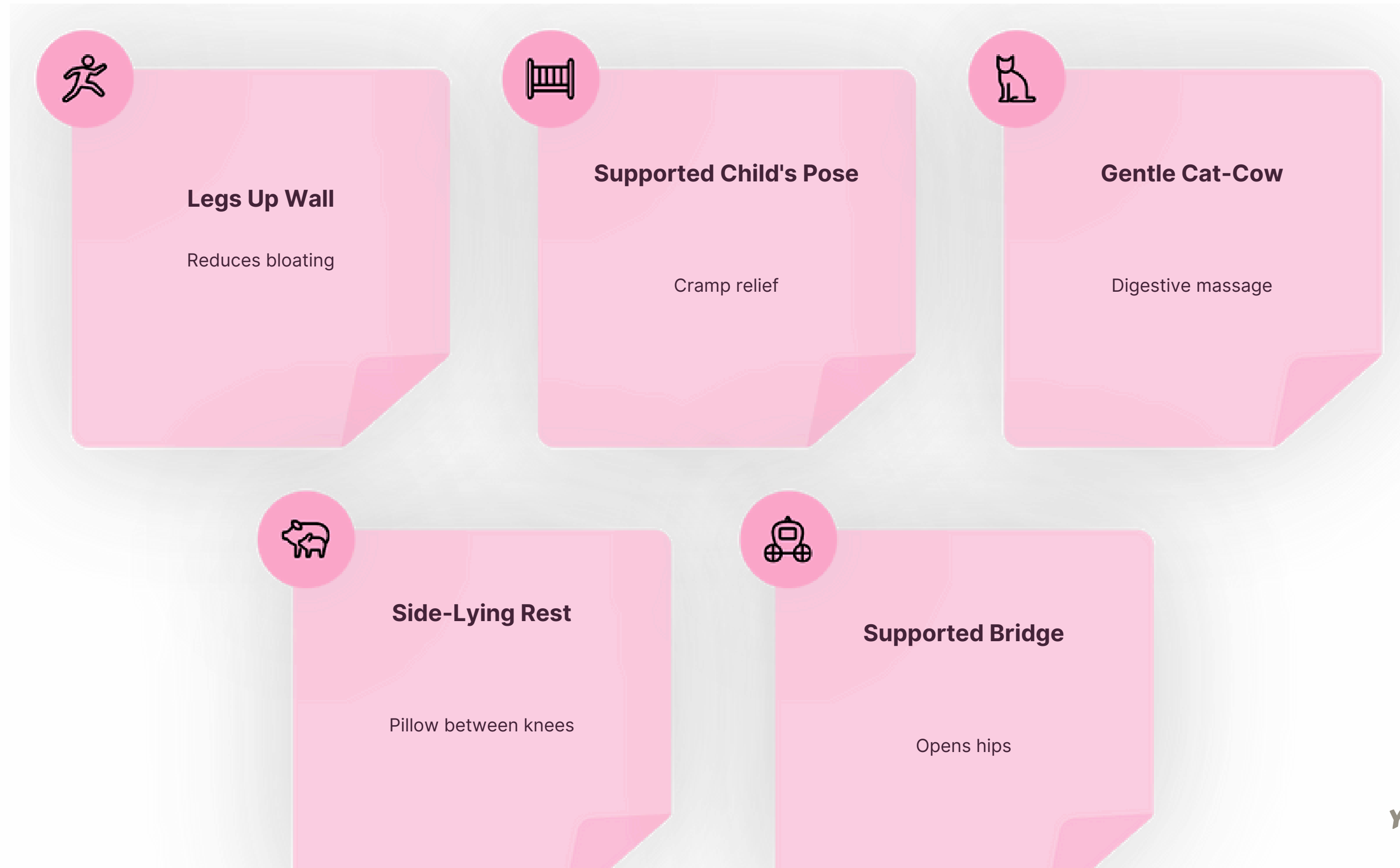


**WHEN TO CHOOSE REST:** Heavy flow days, severe cramping, extreme fatigue. Rest is not lazy - it's what your body needs



# MOVEMENT THAT HONORS YOUR FLOW

## SPECIFIC POSES FOR PERIOD RELIEF:













# SACRED REST PROTOCOL

 Duration: As long as needed





## CREATING SACRED SPACE:

-  Dim lighting or soft candles
-  Gather comfort items (blankets, pillows)
-  Set boundaries (phone on silent)
-  Gentle sounds (nature, soft music, silence)

## EMOTIONAL SANCTUARY:

-  Deep, slow breathing (no counting - just comfort)
-  Stream-of-consciousness journaling (no editing)
-  Gentle inputs (poetry, nature videos, calming books)
-  Gratitude for your body's incredible work

## PHYSICAL COMFORT RITUAL:

-  Heat therapy: heating pad or hot water bottle
-  Warm, soothing drink (herbal tea, golden milk)
-  Warm bath with Epsom salts (if desired)
-  Gentle self-massage with warming oils

## PERMISSION MANTRAS:

- "Rest is productive"
- "My body is doing sacred work"
- "Slowing down is wisdom"
- "I honor my natural rhythms"





# PERIOD EMERGENCY RELIEF

## SEVERE CRAMP/BLOATING CRISIS (0-15 minutes):

- 🔥 Immediate heat: heating pad on high for 15 minutes
- 🫁 Rescue breathing: slow, deep belly breaths
- 🍵 Hot liquid: ginger tea or warm water
- 🧘♀️ Fetal position or supported child's pose
- 📞 Reach out if you need support - don't suffer alone

## SUSTAINED RELIEF (15-30 minutes):

- 🚿 Hot shower or bath (as hot as comfortable)
- 💊 Anti-inflammatory if you use them (follow directions)
- 🚶♀️ Very gentle movement if possible (bathroom to bed)
- 📺 Comfort media: favorite calming videos/music
- 🤝 Ask for help with responsibilities if needed

## ONGOING SUPPORT:







- 🥤 Magnesium or electrolyte drink
- 🧘♀️ Guided meditation for pain management
- 🚫 Minimize stimulation and demands
- 🛏️ Permission to rest as long as needed

**RED FLAGS - SEEK IMMEDIATE HELP:** Sudden severe pain, heavy bleeding (soaking pad/hour), fever, nausea/vomiting, fainting, pain preventing sleep



# SACRED REST PLANNING

**What feels most important for honoring your menstrual phase?**

- A)  Physical comfort (heat, baths, gentle movement)
- B)  Creating restful environment and boundaries
- C)  Emotional support and stress reduction
- D)  Using this time for reflection and clarity
- E)  Building support systems for difficult cycles
- F)  Preparing better for next cycle with new knowledge

## REFLECTION PROMPT:

How has your relationship with your period changed through this workshop series? What feels different now?



# INTEGRATING YOUR COMPLETE CYCLE WISDOM

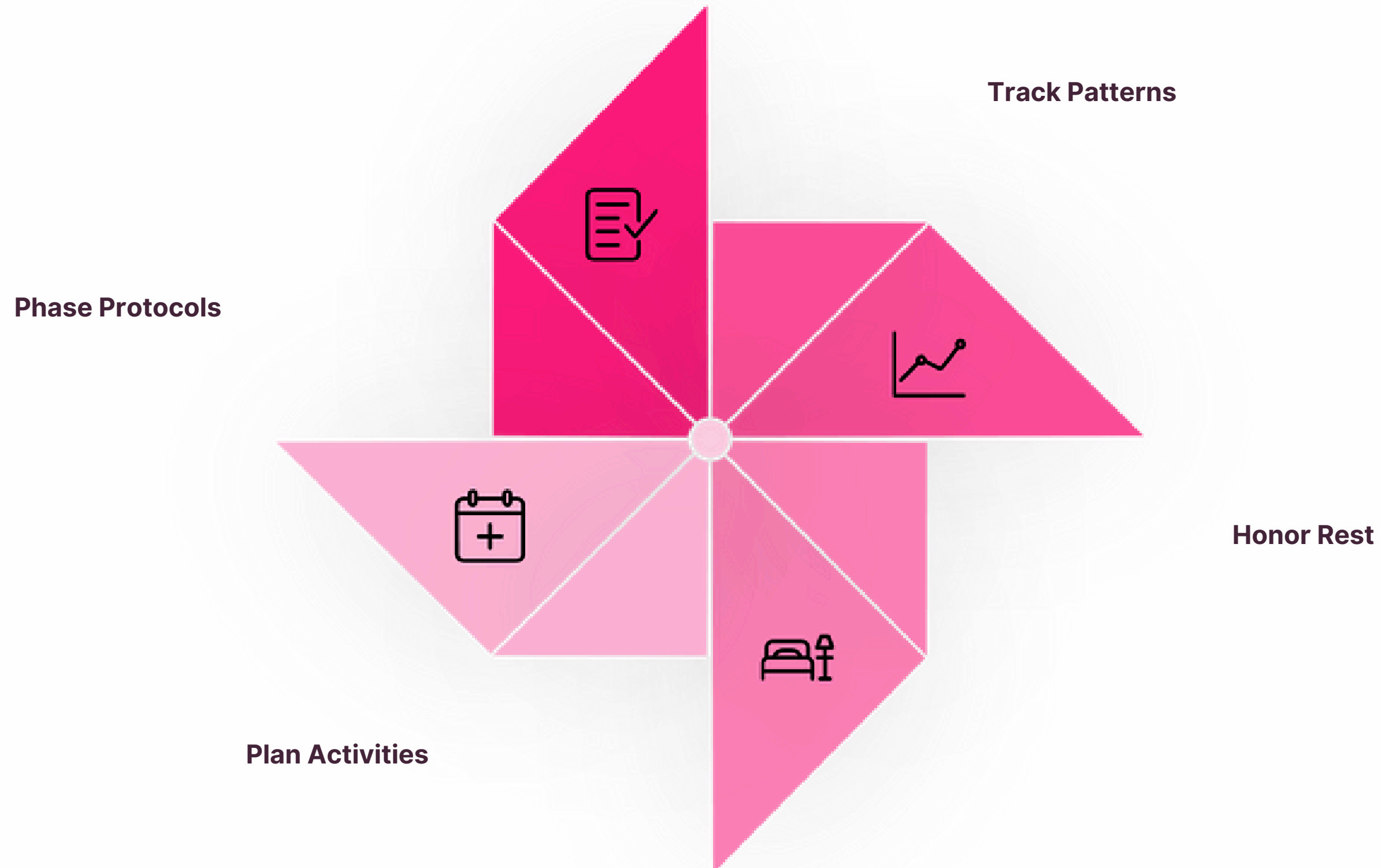
## CYCLE INTEGRATION PLAN - CHOOSE 2-3:

- ☐ Use phase-specific protocols consistently
- ☐ Track patterns with new awareness
- ☐ Honor rest during menstruation without guilt
- ☐ Schedule important activities during optimal phases
- ☐ Build support systems for challenging phases
- ☐ Practice self-compassion throughout entire cycle



# INTEGRATING YOUR COMPLETE CYCLE WISDOM

CYCLE INTEGRATION PLAN - CHOOSE 2-3:





# INTEGRATING YOUR COMPLETE CYCLE WISDOM

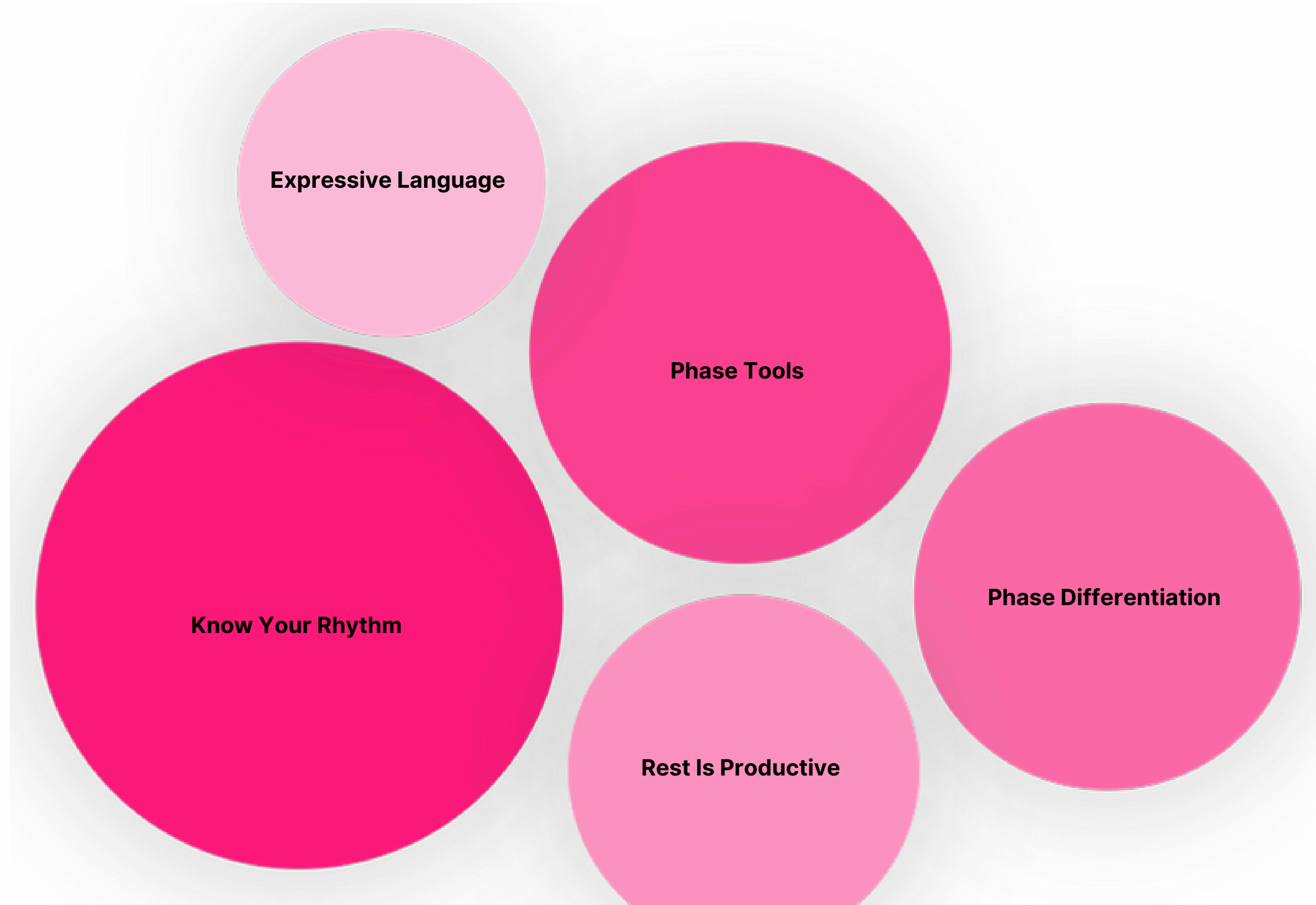
## CELEBRATING YOUR PROGRESS:

- ✓ You understand your body's natural rhythms
- ✓ You have tools for each phase of your cycle
- ✓ You can differentiate between phases and their needs
- ✓ You know rest is productive, not lazy
- ✓ You have language to describe your experiences



# INTEGRATING YOUR COMPLETE CYCLE WISDOM

CELEBRATING YOUR PROGRESS:







# INTEGRATING YOUR COMPLETE CYCLE WISDOM

## NEXT CYCLE APPROACHES WITH:

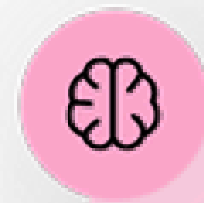
- 🧠 Knowledge of what to expect
- 🛠️ Practical tools that actually work
- 😊 Self-compassion for difficult days
- 👥 Community support when you need it
- 🔄 Confidence in your body's wisdom

**YOUR CYCLE IS NOT A PROBLEM TO SOLVE - IT'S A RHYTHM TO HONOR**



# INTEGRATING YOUR COMPLETE CYCLE WISDOM

## NEXT CYCLE APPROACHES WITH:



### Know What to Expect

Anticipate your next cycle



### Practical Tools

Strategies that actually work



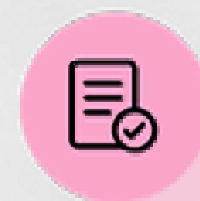
### Self-Compassion

Be gentle on hard days



### Community Support

Reach out when needed



### Trust Your Body

Confidence in your wisdom



# Sacred Completion & Continuing Support

## SACRED CYCLE COMPLETION CEREMONY 🌙

### TAKE WITH YOU FOREVER:

- 📄 Complete Cycle Reference Guide (all 4 phases)
- 📖 Comprehensive Tracking & Reflection Workbook
- 🎥 Access to All Session Replays
- 🤗 Emergency Comfort Protocol Cards

### CONTINUING YOUR JOURNEY:

- 💬 Monthly cycle support in private community
- ✉️ Seasonal cycle wisdom emails
- 📱 Daily reminders: @FitNatureCycles
- 🔄 Annual cycle review and planning sessions

### HONORING YOUR COMMITMENT:

- You've completed a journey most women never take.
- You've learned to listen to your body's wisdom.
- You've chosen self-compassion over self-criticism.
- You've transformed your relationship with your cycle.

### FINAL BLESSING:

- May you honor your rhythms.
- May you trust your body's wisdom.
- May you rest without guilt.
- May you cycle with grace.

**You are wise. You are whole. You are enough. 🌸**