



# Follicular Phase Workshop Slides

*Session 1: Fresh Start, Rising Energy*

## Welcome & Session Energy

### FOLLICULAR PHASE WORKSHOP

#### Fresh Start, Rising Energy

Welcome to your faceless, judgment-free space

- No cameras, ever
- Evidence-based protocols
- Your privacy respected
- Interactive via chat only

**Session Promise:** You'll leave with 3 proven protocols to support your body's natural renewal phase





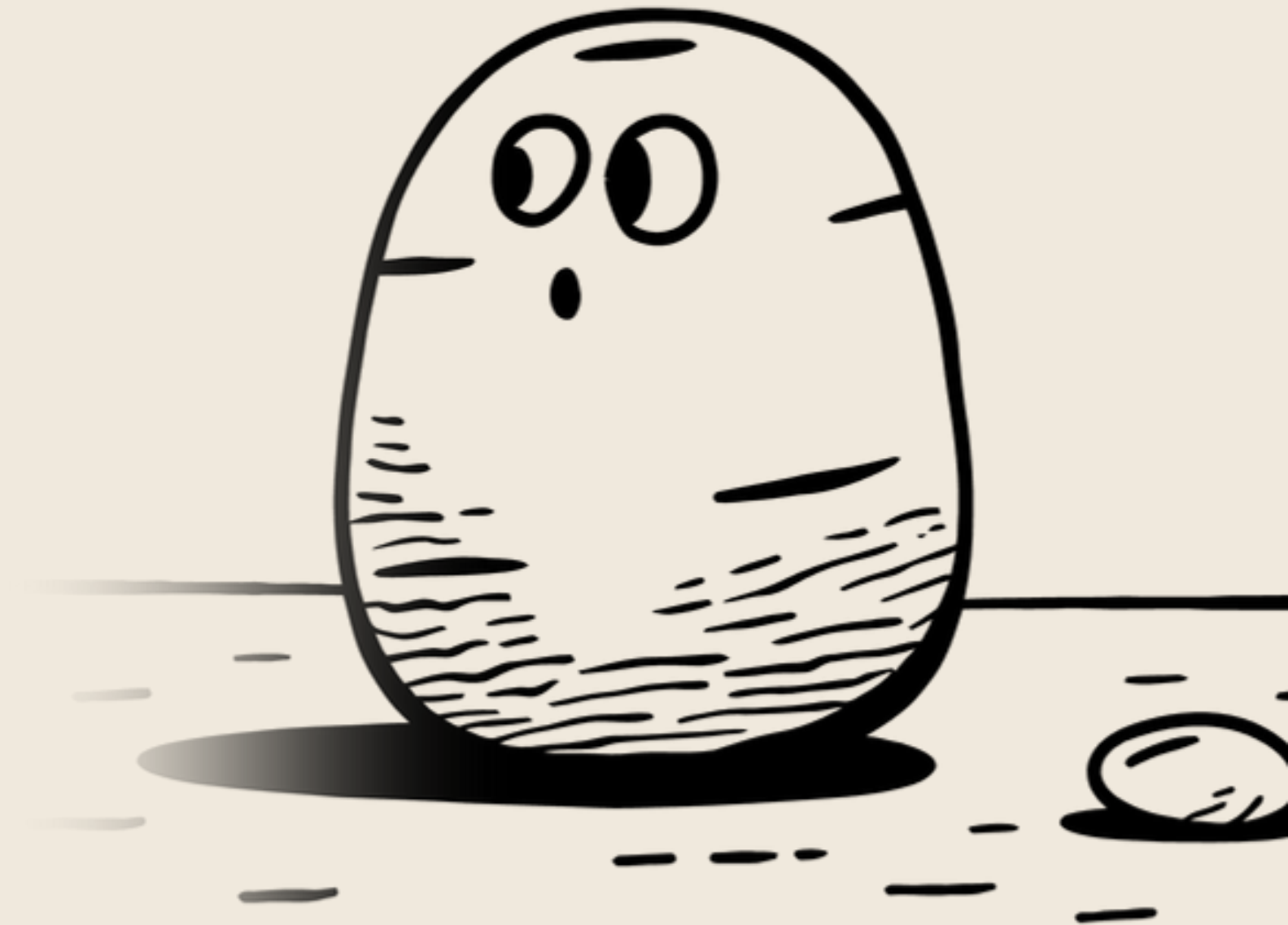
# Today's Learning Journey

## TODAY'S ROADMAP

- 🌱 **UNDERSTAND:** Follicular Physiology 101
- 🔍 **IDENTIFY:** Your Unique Symptom Patterns
- 🔧 **IMPLEMENT:** 3 Evidence-Based Protocols
- ★ **ACTION:** Your Personal Next Steps

### Interactive Elements:

- 2 quick polls
- Chat sharing opportunities
- Live Q&A (final 10 minutes)





# Follicular Physiology - What's Really Happening

## YOUR BODY DURING FOLLICULAR PHASE

### Days 1-7: The Renewal Phase

#### HORMONES:

- Estrogen: Low → Rising
- Energy levels: Rebuilding
- Mood: Stabilizing → Improving

#### DIGESTIVE SYSTEM:

- Motility: Normalizing after period
- Inflammation: Naturally decreasing
- Hydration needs: Increased for recovery

**Why you might feel:** Cautiously optimistic, gentle hunger returning, ready for light activity



# Common Follicular Phase Bloating Patterns

## TYPICAL BLOATING PATTERNS

### EARLY FOLLICULAR (Days 1-3):

- Residual period bloat fading
- Lower belly still sensitive
- Appetite returning gradually

### WHAT'S NORMAL:

- ✓ Gradual improvement
- ✓ Day-to-day variation
- ✓ Response to gentle protocols

### MID-FOLLICULAR (Days 4-7):

- Light, shifting bloating
- Better in morning, variable afternoon
- Often food-timing related

### RED FLAGS - SEEK HELP:






- ✗ Severe pain preventing daily activities
- ✗ Bloating worsening throughout phase
- ✗ New or concerning symptoms



# POLL - Your Follicular Experience

## QUICK POLL

**How do YOU typically feel during your follicular phase?**

- A)  Gradual improvement, gentle energy return
- B)  Up and down, unpredictable day-to-day
- C)  Still tired and bloated most days
- D)  I've never paid attention to patterns
- E)  Actually feel great - best part of my cycle

**Share in chat:** What surprises you most about this phase?



# Food Protocols for Follicular Phase

## FOOD PROTOCOLS: GENTLE REACTIVATION



### HYDRATION FOCUS:

- ✓ Warm lemon water upon waking
- ✓ Herbal teas throughout day
- ✓ Aim for 8+ glasses, room temperature preferred

### TIMING MATTERS:

- ✓ Regular meal schedule helps reset
- ✓ Don't skip breakfast - body needs fuel
- ✓ Light dinner 3 hours before bed

### GENTLE FOODS:

- ✓ Fresh, seasonal fruits
- ✓ Leafy greens and light vegetables
- ✓ Clean proteins (fish, eggs, legumes)
- ✓ Whole grains in moderation

### AVOID FOR NOW:

- ✗ Heavy, rich foods while recovering
- ✗ Excessive caffeine or alcohol
- ✗ Large portions - start smaller





# Movement & Self-Care Protocols

## MOVEMENT: REBUILDING ENERGY

### PERFECT FOR FOLLICULAR PHASE:

- 🚶 10-15 minute walks (daily if possible)
- 🧘 Gentle yoga or stretching (15-20 min)
- 🏊 Swimming or water-based movement
- 💃 Dance or free-form movement

### ENERGY BUILDING:

- Start with 50% of your usual intensity
- Focus on consistency over intensity
- Listen to your body's "yes" and "no"
- Movement should energize, not drain

### SELF-CARE ESSENTIALS:

- 🛀 Warm baths with Epsom salts
- 😴 7-8 hours sleep, consistent bedtime
- 🧘♀️ 5-10 minutes meditation/breathing
- 📖 Gentle, positive inputs (books, music, nature)





# The 10-Minute Morning Protocol

YOUR FOLLICULAR MORNING KICK-START 🕒 Total Time: 10 Minutes

01

## MINUTE 1-2:

🍋 Prepare warm lemon water, sip slowly

02

## MINUTE 3-5:

🧘♀️ Gentle stretches in bed or standing Focus on spine, hips, shoulders

03

## MINUTE 6-8:

📱 Check in with your body (not your phone!) Rate energy, mood, appetite on 1-5 scale

04

## MINUTE 9-10:

📝 Set ONE gentle intention for the day Write it down or just hold it mentally

## RESULT:

Tuned in, gently energized, intentional start







# Quick SOS Protocol for Sudden Bloating

## SOS: WHEN BLOATING HITS SUDDENLY

### IMMEDIATE RELIEF (0-5 minutes):

- 🫁 4-7-8 Breathing: Inhale 4, Hold 7, Exhale 8
- 🍵 Sip warm water or ginger tea
- 🧘♀️ Gentle knee-to-chest stretches

### NEXT STEPS (5-15 minutes):

- 🚶♀️ Slow walk around house/block
- 👐 Gentle belly massage: circular, clockwise
- 🛌 Rest on left side with knees up

### IF IT PERSISTS:

- 📝 Note what you ate/did in past 2 hours
- 💊 Consider digestive enzyme (if you use them)
- ☎️ Check in with healthcare provider if severe

### PREVENTION FOR NEXT TIME:

Smaller portions, slower eating, mindful of trigger foods





# POLL - Ready to Try?

CONFIDENCE CHECK 💪

Which protocol are you most excited to try?

- A) 🌞 10-minute morning kick-start routine
- B) 🥗 Gentle food reactivation approach
- C) 🚶♀️ Follicular-friendly movement plan
- D) 🆘 SOS protocol for sudden symptoms
- E) 🤔 I need to think about it more

**BONUS QUESTION in chat:** What's one thing from today that surprised you or changed how you think about the follicular phase?



# Your Personal Action Plan

## YOUR NEXT 7 DAYS: FOLLICULAR PHASE ACTION PLAN

### CHOOSE 1-2 TO START:

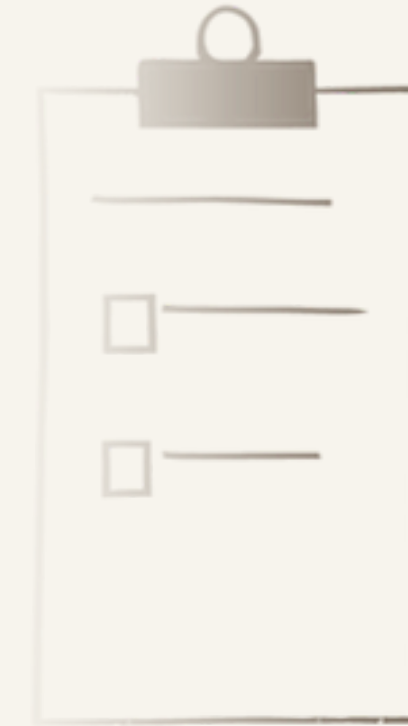
- ☐ Try the 10-minute morning routine for 3 days
- ☐ Focus on hydration: warm lemon water daily
- ☐ Add one 15-minute walk to daily routine
- ☐ Practice the SOS protocol if bloating occurs
- ☐ Track energy levels daily (simple 1-5 scale)

### WEEK 1 SUCCESS LOOKS LIKE:

- ✓ More awareness of your body's signals
- ✓ One new habit feeling natural and easy
- ✓ Better understanding of your patterns
- ✓ Confidence to try gentle interventions

### SUPPORT YOURSELF:

- 📱 Set phone reminders for new habits
- 💬 Join our private community group
- 📖 Download the tracking workbook
- 🤝 Find an accountability partner





# Resources & Next Steps

CONTINUE YOUR JOURNEY 🌱

## IMMEDIATE ACCESS:

📄 Download: Follicular Phase Cheat Sheet

📖 Download: Weekly Tracking Workbook

📺 Access: This Session Replay

## NEXT SESSION PREVIEW

🌻 Ovulatory Phase Workshop: "Peak Energy, Peak Potential"

📅 [Date] at [Time]

🎯 Focus: Managing mid-cycle bloat & energy optimization

## COMMUNITY & SUPPORT:

💬 Private Facebook Group: [Link]

✉️ Email Support: support@yourfitnature.com

📱 Instagram: @FitNatureCycles

## THANK YOU:

- Your commitment to understanding your body is inspiring.
- Remember: Small, consistent steps create lasting change.

You've got this! ❤️