

# Know your *Period Normal*

**A way to take care of your  
period health**



# What is a period?

A period is when blood comes out of your body.



It usually happens once a month.



It can last between **5 and 7** days.

# What is a period?

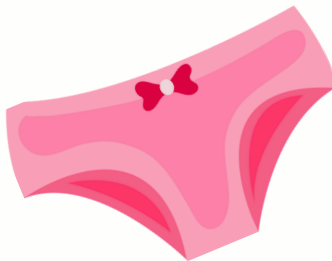
Having a period is **normal**.

It means your body is working the way it should.

PERIOD  
power

It is important to know how your body feels before and during your period

This is how you know **your**  
*Period Normal.*



# Now it is your turn.

## What is your “period normal?”

My period last for \_\_\_\_\_ days.

My period comes once a month

- a) Yes
- b) No

How do you feel when you have your period? Write it down or draw it in the box.

A large rectangular box with a dashed pink border, intended for a user to write or draw their response to the question about how they feel during their period.

# Period Symptoms



Feeling Tired



Cramps



Headaches

# Period Symptoms



Acne



Bloating



Breast Soreness

# Period Symptoms



Feeling Sad



Back Pain



Feeling Stressed

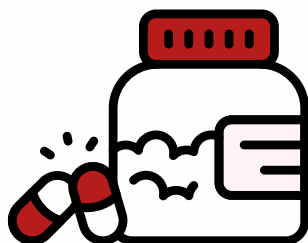
# Types of Symptoms

Have you had any of these symptoms?

	Yes	No
Feeling Tired		
Cramps		
Headaches		
Acne		
Bloating		
Breast Soreness		
Feeling Sad		
Back Pain		
Feeling Stressed		

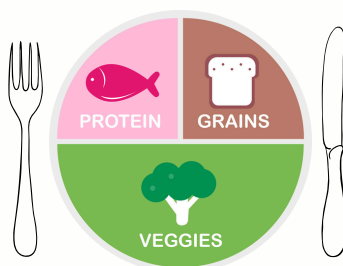
# How to feel better during your period

Pain medication



Heating Pad

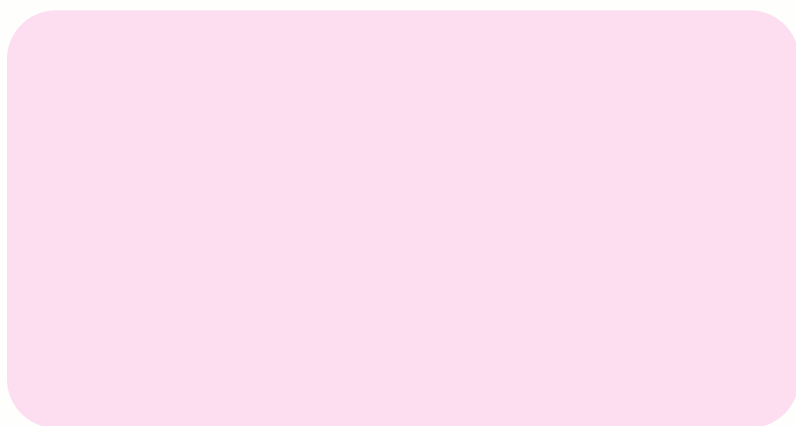
Eating Healthy



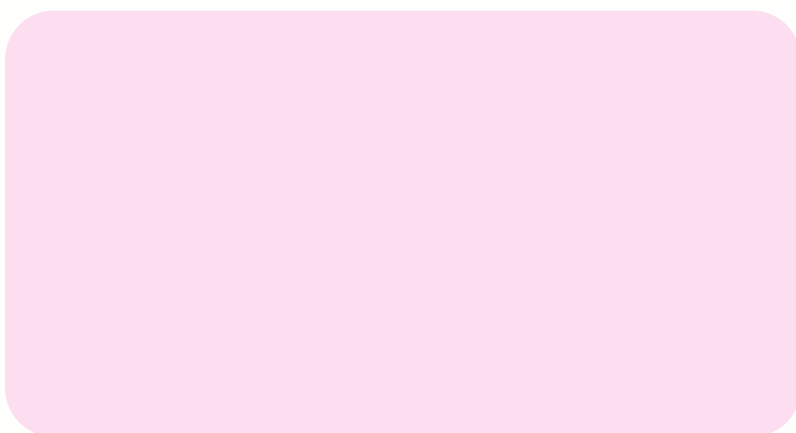
Relaxing Exercise

# How to feel better during your period

What is a way you could eat healthy during your period? Write it down.



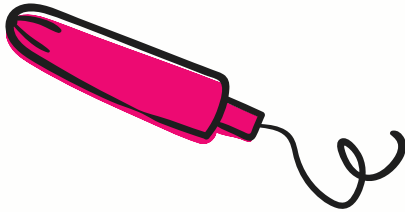
What is a relaxing exercise you could do during your period? Write it down.



# Period Products



Menstrual Pads

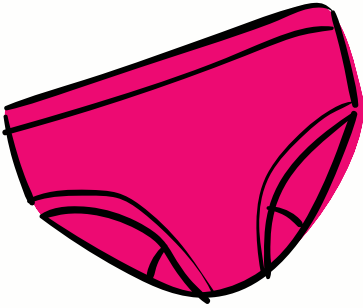


Tampons

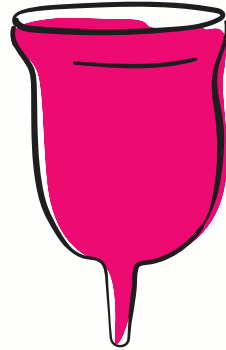
You should change your pad or tampon every 4 hours to stay clean and healthy.



# Different Period Products



Period  
Underwear



Menstrual  
Cup

You should change your underwear every 4 hours and cup every 12 hours to stay clean.

# Types of Products

What products do you use?

	Yes
Menstrual Pads	
Tampons	
Period Underwear	
Menstrual Cups	

# When To See Your Doctor

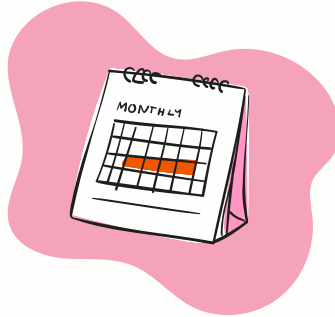


If the pain is very bad and you  
can't move or do your normal  
activities



Heavy bleeding or if you have to  
change your period products every  
2 hours/

# When To See Your Doctor



If your period lasts more than 7 days



You don't get your period every month



This resources has been prepared  
by the St. John Adapted Exercise  
Science Lab at the University of  
Calgary in Alberta, Canada.



UNIVERSITY OF  
**CALGARY**



**Azrieli  
Accelerator**