

Lifestyle changes for better periods



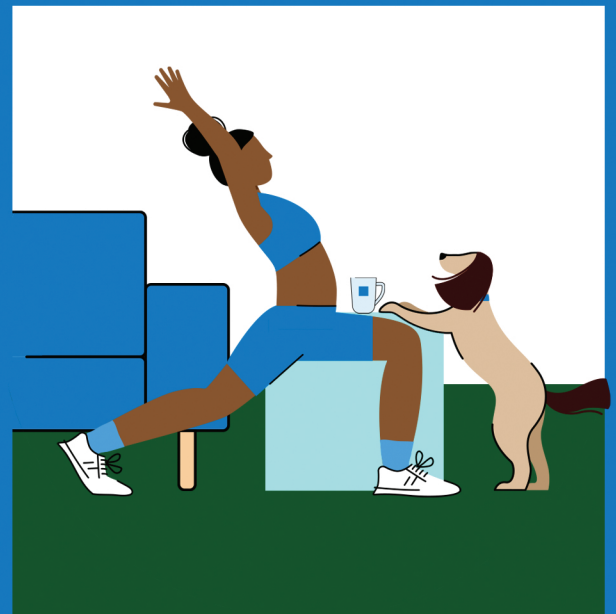
Be more active

Moving more can reduce your pain and improve your mood both before and during your period. On painful days try swapping cardio such as cycling for gentle walks.

Relax and sleep well

Switching on your rest and digest response can help you to reduce pain and sleep better. You could try yoga, reading or just enjoy a warm bath.

Exercise and relaxation can improve the quality of sleep – as can putting your phone down and enjoying a good book.



Eat a healthy, balanced diet

Nutrients such as omega 3 (found in oily fish), and magnesium (found in almonds and dark chocolate) may help to improve your mood and reduce your pain.