



# SELF-MANAGING PERIOD PAIN AND SYMPTOMS

## PAIN

There are lots of things you can try to manage your pain. These include both pharmacological options, like painkillers, and non-pharmacological options, which don't involve medications, such as those listed here.

## MOOD

You might find your mood changes before or during your period. You might feel down or depressed. This is sometimes called premenstrual syndrome (PMS) or if severe, premenstrual dysphoric disorder (PMDD).

## OTHER SYMPTOMS

You may experience other problematic symptoms with your period including:

- Bloating
- Back pain
- Headaches/migraines
- Constipation or diarrhoea
- Breast tenderness
- Aching down your legs
- Fatigue

## THINGS YOU CAN DO

There are lots of things you can do to manage your period pain and symptoms. Try some of these ideas before you go to a doctor.

- ✓ Heat (heat packs or hot baths)
- ✓ Yoga and stretching
- ✓ Exercise and movement
- ✓ Deep breathing/meditation/relaxation
- ✓ Massage
- ✓ Acupuncture
- ✓ Distractions such as music, reading or movies
- ✓ Stress reduction/monitoring
- ✓ Creative outlet such as writing, art or photography
- ✓ Healthy eating
- ✓ Adequate rest and good quality sleep
- ✓ Taking Vitamin B6 and/or magnesium
- ✓ Taking Vitex Agnus Castus, also known as Chasteberry or Chaste tree. This is available from health food shops and pharmacies.
- ✓ Track your periods and symptoms



## 1. Test yourself

What was your period impact score? See the email with your score and compare with the score meaning on the landing page.

## 2. Self-manage instantly

Try these suggestions now and see which ones help.

## 3. What's normal?

There are many reasons why you might be having painful periods and pelvic pain. Visit the page on "What's normal?" to find out more.

## 4. Get help

If you score 4 or 5 on the period impact assessment or have concerns about your periods, download the "Note for your doctor" and make an appointment to see your doctor or a health professional. Start tracking your periods and symptoms and try the suggestions provided.



### It worked

Your pain and symptoms are being managed. Keep doing what you have been.



### It didn't work

Your symptoms and pain haven't really improved. You should see your GP to get more help. Remember to download the Note for your doctor from the website.

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