



**Here is the full content of the Red-Day Ready™ bonus PDF.**

**Red-Day Ready™ A Quick-Action Plan for Difficult Period Days** *By Dr. Sarah Bennett*

When period pain starts, do not panic. Use this simple plan to feel more prepared, supported, and clear about your next step.

*This guide supports your wellbeing. It does not diagnose or treat medical conditions.*

## **First: Check In With Yourself**

Take one minute and answer:

My pain right now is: \_\_\_\_ /10

My flow is: Light / Medium / Heavy

I also feel:

- Tired
- Nauseous
- Dizzy
- Headache
- Back pain
- Low mood
- Other:

The one thing I need most right now is:

## **Your 15-Minute Red-Day Reset**

### **Minute 1–3: Get Comfortable**

- Change into comfortable clothes if you can.
- Use a heat pad or hot-water bottle safely if it helps you.
- Sit or lie in a position that feels supportive.
- Take slow breaths. You do not need to solve the whole day at once.

### **Minute 4–6: Check Your Basics**

- Drink some water.

- Eat something simple if you have not eaten.
- Change your period product if needed.
- Pack a spare product and underwear if you are leaving home.

### **Minute 7–10: Reduce the Pressure**

Ask yourself: What can wait?

- Can one task move to tomorrow?
- Can I take a short break?
- Can I choose an easier meal tonight?
- Can I say no to one non-urgent plan?

Your difficult day does not need to become a difficult week.

### **Minute 11–15: Ask for Support**

Use one of these messages:

*"I am having a difficult period day. Can you help me with one thing today?"*

*"I am not feeling well. I need a short break, then I will continue with what is urgent."*

*"Please can you pick up period products for me on your way home?"*

*"I need a quieter evening today. Can we keep things simple?"*

### **Your Red-Day Bag Checklist**

Keep these close:

- Period products
- Spare underwear
- Tissue or wipes
- Water
- Small snack
- Phone charger
- A note of your pain and symptoms

- Any medicine you use safely, following a pharmacist's or clinician's advice

## **When to Get Medical Advice**

Speak with a qualified healthcare professional if:

- Pain is severe, worsening, or different from usual
- Pain repeatedly stops you from doing normal activities
- Periods become much heavier or irregular
- You bleed between periods
- You have pain during sex, urination, or bowel movements

## **Your Red-Day Promise**

*I will not wait until I am overwhelmed before I support myself.*

*I will prepare what I can, rest without guilt, and speak up when I need help.*