

The MONTHLY RELIEF ROADMAP



DR. SARAH BENNETT

The MONTHLY RELIEF ROADMAP



A Culturally Grounded Guide
to Understanding Your Cycle
and Speaking Up About Pain



Natural
Solutions.
Real Relief.
Every Month.



Understand
Your Body



Natural Relief
That Works



Speak Up
Without Shame



Feel Better.
Live Freely.

DR. SARAH BENNETT



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Chapter 1: Why Your Period Keeps Hijacking Your Month

There is a big difference between having a period and having a period that takes over your whole life.

You know the kind I mean. The one that makes you check your calendar before you accept an invitation. The one that makes you worry about getting stuck in Lagos traffic without enough pads in your bag. The one that turns a normal workday into something you just have to survive.

And then, when it is over, you tell yourself, “Next month will be better.”

But next month comes. Same stress. Same pain. Same last-minute panic.

That is not because you are weak. It is because nobody showed you how to make a plan around what your body is doing.

It Is Not “Just a Period” If It Is Disrupting Your Life

Many people have some cramping or discomfort around their period. But pain that makes you miss work, skip school, cancel plans, lose sleep, or stay in bed deserves attention.

You do not need to compare your pain with somebody else’s pain. Your friend may say, “Mine is worse.” Your auntie may say, “That is how periods are.” But you are the one living in your body.

If your period regularly stops you from doing normal things, that matters.

Maybe you sit in meetings and quietly pray the cramps will not get worse. Maybe you avoid white clothes because you are scared of staining them. Maybe you tell your children, “Mummy is tired,” when what you really mean is, “I am in pain and I do not know what to do.”

That is a lot to carry every month.

The aim of this guide is not to make you afraid of your period. It is to help you stop being caught off guard by it.

The Hidden Cost of Starting From Zero Every Month

Painful periods do not only affect your lower stomach. They can affect your time, money, mood, work, and relationships.

Think about it. How many times have you bought something because you were desperate for relief? A tea. A supplement. A “women’s balance” drink. Something somebody recommended in a WhatsApp group.

Then you used it once or twice, did not see a big change, and moved on to the next thing.

That cycle is exhausting.

You may also pay in quieter ways:

- You cancel plans you were looking forward to.
- You miss work or struggle to focus.
- You spend more on period products because bleeding feels hard to manage.
- You snap at people because you are tired and uncomfortable.
- You feel guilty because you think you should be able to “handle it.”

But here is what most people get wrong: handling pain alone is not the same as managing it well.

Pushing through may get you through today. It does not help you prepare for next month.

Why “I Will Just See How I Feel” Is Not a Plan

A lot of women wait until pain starts before they do anything.

The cramps begin. Then you start looking for your pain relief, texting someone for advice, checking the kitchen for a hot-water bottle, and wondering if you can still go to work.

By then, your day is already running you.

This is like waiting until NEPA takes the light before you remember you need to charge your phone. You can still manage, yes. But you would have had a much easier day if you prepared earlier.

Your cycle may not be perfectly predictable. That is okay. The goal is not to control every part of your body. The goal is to notice what usually happens, prepare for what you can, and know when you need support.

That is what The Monthly Relief Roadmap™ is for.

Your Pain Has a Pattern, Even When It Feels Random

You may feel like every month is chaos. But when you slow down and look closely, you may notice useful clues.

Maybe your cramps are worse on the first day of bleeding.

Maybe you feel tired two days before your period starts.

Maybe your flow is heavier on Day 2.

Maybe you get headaches, back pain, nausea, loose stools, poor sleep, or low mood around the same time each month.

Maybe work feels hardest when you have had little sleep and a long commute.

These details matter. Not because you need to become obsessed with tracking every little thing. But because vague information is hard to act on.

“I have bad periods” is real, but it is not very clear.

“I have sharp cramps on the first two days, I soak through products faster than usual, I cannot concentrate at work, and I miss at least one day a month” is much clearer.

Clear information helps you make a better plan. It also helps you explain your experience if you choose to speak with a healthcare professional.

Stop Measuring Strength by How Much You Can Endure

Let me say this plainly: suffering in silence is not a badge of honour.

You may have been taught to keep going no matter what. Maybe that is how the women around you survived. Maybe you feel there is no room to slow down because people depend on you.

But you can be strong and still need support.

You can be hardworking and still need rest.

You can love your family, your job, and your responsibilities without acting as if your pain does not exist.

The Monthly Relief Roadmap™ starts with one simple shift:

**Instead of asking, “How do I force myself through this month?”
ask, “What is my body showing me, and what can I prepare before
the difficult days arrive?”**

That question changes everything.

It moves you from panic to preparation.

It moves you from guessing to noticing.

It moves you from keeping quiet to having useful words for what is happening.

A Small Story That May Sound Familiar

Imagine Amaka. She works in an office, has a long commute, and tries to keep everything together.

Every month, she tells herself she will be fine. She does not check when her period is due. She does not keep supplies at work. She waits until the cramps start, then takes whatever she can find and hopes for the best.

One Tuesday morning, the cramps come early. She is stuck in traffic, her bag has only one pad, and she has a presentation at 10 a.m. By the time she reaches work, she is already tired, stressed, and embarrassed.

Amaka’s problem is not that she failed to “be strong.”

Her problem is that she had no system.

Once she begins to notice her usual timing, prepare a small support kit, and write down how pain affects her day, she has more options. She can

plan ahead. She can ask for help. She can decide when it is time to speak to a clinician with a clear record.

That is the difference a roadmap can make.

When Pain Needs More Than a Home Plan

This guide can help you organise what you notice and prepare for difficult days. It cannot diagnose what is causing your pain.

Please speak with a qualified healthcare professional if your pain is severe, suddenly worse than usual, does not improve with the care you normally use, or is making it difficult to live your normal life. It is also important to get medical advice if your periods become heavier or irregular, if you bleed between periods, or if you have pain during sex, when urinating, or when opening your bowels. These symptoms can have different causes and deserve proper assessment. [NHS guidance on period pain](#) [ACOG guidance on painful periods](#)

You do not need to arrive at an appointment with the perfect words. You only need to be honest about what is happening.

And that is exactly what you will start learning to do in this guide.

So if you take nothing else from this chapter, remember this: **your period should not have to surprise you, silence you, or steal your whole month.**

Now that you can see why “just managing” has not been enough, let us talk about the habits and quick fixes that often leave women even more frustrated. Because once you know what is not working, you can stop wasting energy on it—and start building a plan that actually fits your life.

Ready for the next chapter?

Chapter 2: The Things You Tried That Left You More Frustrated

Now you can see why simply enduring painful periods has not helped. You have been reacting to the problem every month instead of preparing for it.

And when you are tired, in pain, and desperate for relief, it is very easy to try anything that sounds promising.

A friend sends a voice note. Somebody posts a “miracle” tip on Instagram. A seller says her tea will “flush everything out.” Another person says you just need to drink something hot, avoid something cold, or buy a supplement with a very fancy label.

You try it because you want your life back.

That makes sense.

But here is the hard truth: trying random things without understanding your own pattern can leave you more frustrated, more confused, and more out of pocket.

The “One Thing Will Fix Everything” Trap

When pain is bad, we want one simple answer.

One tea.

One tablet.

One special food.

One secret routine that will make the cramps disappear forever.

But your period is not a small, simple problem. Your experience can include pain, bleeding, tiredness, poor sleep, stress, low mood, headaches, back pain, or stomach changes. And the way it affects you may be different each month.

That does not mean there is no hope. It means you need a better question.

Instead of asking, “What is the one thing that will fix me?”

Try asking, “What happens in my body and life each month, and what support do I need before the hard days arrive?”

That question is less dramatic. But it is far more useful.

Why Random Advice Can Make You Feel Worse

You know how it goes.

Someone says, “My cousin drank this mixture and it worked.”

Another person says, “Do not use pain relief at all. It is bad for you.”

Then somebody else tells you, “If you are still in pain, you are eating the wrong foods.”

Suddenly, you are carrying a lot of guilt on top of your cramps.

You start to feel like you have failed because you did not find the right tea, the right herb, the right workout, or the right food plan.

But your body is not a failure.

And you do not need to punish yourself with extreme rules when you are already uncomfortable.

Be careful with products that promise to “cure” period pain, “clean out” your womb, balance every hormone, or work for every woman. Health claims like these are often bigger than the evidence behind them.

A useful guide should help you get clearer about your own experience. It should not make you afraid of your body or pressure you into unsafe choices.

The Problem With Only Tracking Your Cycle App

Cycle apps can be useful. They can help you estimate when a period may come.

But an app cannot feel your pain.

It cannot know that you had to leave work early because you could not sit upright. It cannot know that you were awake at 2 a.m. with cramps. It cannot know that your flow changed, or that you used two products at once because you were worried about leaking.

That is why The Monthly Relief Roadmap™ goes beyond simply marking a period date on a calendar.

You are not only tracking when bleeding begins.

You are tracking what the experience costs you.

Ask yourself:

- Did I miss work, school, worship, exercise, or social plans?

- Did I sleep badly?
- Did I need extra support at home?
- Did I feel too tired to cook, parent, travel, or concentrate?
- Did pain make me anxious or withdrawn?
- Did my usual comfort steps help, or not?

These answers matter.

They show you where your period is affecting your real life.

The “I’ll Just Push Through” Habit

Many women have become experts at looking fine when they are not fine.

You answer emails. You smile at people. You cook dinner. You attend the meeting. You sit through the family event.

Meanwhile, your body is begging for rest.

This is not always because you want to ignore your needs. Sometimes life gives you no easy choice. You may have children to care for, a business to run, a long commute, or a job where nobody understands.

Still, pushing through without a plan can make the month feel heavier.

You may forget to eat properly because you are busy. You may drink little water all day. You may have no period products nearby. You may wait until your pain is severe before you pause.

Then you blame yourself for not coping.

Please do not confuse survival with support.

The goal is not to drop all your responsibilities. The goal is to make your difficult days less chaotic.

That might mean packing supplies the night before. It might mean moving one non-urgent task. It might mean telling your partner, “I will need more help with dinner tonight.” It might mean choosing a gentler evening instead of forcing yourself to do everything.

Small changes count.

The Money Leak Nobody Talks About

Painful periods can become expensive.

There is the money you spend on extra period products. The delivery fee for something you ordered late at night. The clothes you replace after a leak. The foods or drinks you buy because you are trying to feel better. The transport you pay for because you do not feel able to use public transport.

Then there are the products that did not help at all.

One bottle here. One tea there. One “women’s wellness” pack there.

Before you know it, you have spent thousands of naira without gaining any real understanding of your body.

The Monthly Relief Roadmap™ does not tell you to buy everything.

It helps you notice what you already use, what actually helps you feel supported, and what is just making promises.

You deserve to spend your money with more confidence.

Stop Calling Yourself “Dramatic”

This one is important.

If you have ever been told you are overreacting, you may have started saying it to yourself.

“Maybe I am being dramatic.”

“Maybe everybody else handles this better.”

“Maybe I should not complain.”

But pain that affects your life is worth paying attention to.

You do not have to prove that you are suffering enough before you prepare for yourself. You do not need permission to carry a heat pack, rest when you can, track your symptoms, or ask questions at an appointment.

You are allowed to take your own experience seriously.

A Better Way to Think About Relief

Relief is not always one big miracle moment.

Sometimes relief is knowing your likely difficult days before they arrive.

Sometimes it is having what you need in your bag.

Sometimes it is telling someone, “I need help tonight.”

Sometimes it is looking at two or three months of notes and finally seeing a pattern.

Sometimes it is walking into an appointment and saying, “This is what happens every month. This is how long it lasts. This is what it stops me from doing.”

That is relief too.

Not because every problem is solved in one day. But because you are no longer guessing in the dark.

You are building evidence. You are building a plan. You are building trust in yourself.

And that is where things start to change.

So before you buy another product, copy another social-media tip, or force yourself through another painful day, pause and ask: **Do I know what my body is actually telling me yet?**

In the next chapter, you will begin the first step of The Monthly Relief Roadmap™. You will learn how to notice your cycle signals without turning your life into a full-time medical project. It takes only a few minutes a day, but it can change the way you prepare for every month after this.

Chapter 3: Step One — Understand Your Cycle Signals

You have seen why random advice and last-minute panic keep you stuck. So now we are going to do something much simpler and much more useful.

We are going to pay attention.

Not in a stressful way. Not in a way that turns your period into your whole personality. Just enough to notice what your body is saying before the difficult days take over.

This is the first step of The Monthly Relief Roadmap™: **Understand.**

Because you cannot prepare for a pattern you have never noticed.

You Do Not Need a Perfect Diary

The idea of tracking symptoms can sound like work.

Maybe you are already busy. Maybe your phone has 48 unread messages. Maybe you are trying to manage work, children, home, traffic, church, family, and sleep.

So let us keep this simple.

You do not need to write an essay every day.

You only need three minutes.

That is all.

Each day, you will check in with yourself and write down a few useful clues. Over time, those clues become your map.

Your Daily Cycle-Signal Check-In

Use a notebook, your phone notes, a printed tracker, or the worksheet in this guide. Pick one place and keep it easy to reach.

Each day, write down these six things:

1. Cycle day

Write the first day of proper bleeding as Day 1. Then count forward from there.

2. Pain level

Give your pain a number from 0 to 10.

- 0 means no pain.
- 1 to 3 means mild pain.
- 4 to 6 means pain that is distracting or uncomfortable.
- 7 to 10 means pain that makes normal life difficult.

3. Where you feel it

Lower stomach? Lower back? Thighs? Head? All over? Write it down in simple words.

4. Flow and period products

Light, medium, or heavy. Did you need to change products more often than usual? Did you leak? Did you need more than one type of product?

5. Your energy and mood

Low, okay, or good. Anxious, flat, irritated, calm, tearful, or normal for you.

6. **What pain stopped you from doing**

Did you miss work? Cancel plans? Sleep badly? Skip exercise?
Struggle to cook? Need to lie down?

That is it.

You are not trying to become a doctor. You are simply collecting the details that are easy to forget once the month gets busy again.

What “A Pattern” Actually Looks Like

A pattern is something that repeats.

For example:

- Your cramps usually begin the evening before bleeding starts.
- Your flow is heaviest on Day 2.
- You are most tired on Days 1 and 2.
- You sleep badly the night before your period.
- Your back pain is worse after a long day on your feet.
- You often cancel plans on the same days each month.
- Your usual comfort steps help sometimes, but not when the pain reaches a certain level.

You may not notice these things in one month.

That is fine.

The Monthly Relief Roadmap™ works best when you use it for two or three cycles. Think of it like learning your route before a long journey. The more times you travel it, the more you know where the traffic will build up.

Track Your Life, Not Just Your Symptoms

This is where many women miss something important.

Pain is not only about the number on a scale.

A pain level of 5 may be manageable when you are at home with a warm bath nearby. The same pain level may feel much worse when you are in a crowded bus, wearing light-coloured trousers, and trying to make it to a meeting.

That is why you should also track the real-life impact.

At the end of each day, ask yourself:

- What did I have to push through today?
- What did I avoid because I did not feel well?
- What would have made today easier?
- Did I have what I needed?
- Did I ask for help, or did I stay quiet?

These questions are not there to make you feel bad.

They help you see where preparation could make a difference next month.

Maybe you need more supplies in your office drawer.

Maybe you need to avoid booking an important event on a day you are usually in pain, if you have that choice.

Maybe you need a better evening routine before your expected period.

Maybe you need to have an honest conversation with someone at home.

The point is this: **your period affects your life, so your plan must fit your life.**

Your Three-Minute Evening Routine

Try this every evening for the next 28 days.

Open your tracker and write:

Today's date:

Cycle day:

Pain, 0–10:

Flow:

Energy:

Mood:

One thing that was hard today:

One thing that helped today:

You can make it even shorter on busy days.

For example:

Day 2. Pain 7. Heavy flow. Low energy. Missed gym. Heat pack helped a little. Needed to change pad every hour. Slept badly.

That one small note is more useful than saying, "My period was terrible."

It gives you something real to look back on.

Do Not Ignore Changes That Feel Different

Tracking is also useful because it helps you notice when something has changed.

Maybe your pain is becoming worse over time. Maybe bleeding is heavier than usual. Maybe you are bleeding between periods. Maybe

pain is affecting sex, urination, or bowel movements. Maybe your usual comfort steps are no longer helping.

Those are details worth discussing with a qualified healthcare professional.

You do not need to decide what the cause is. That is not your job.

Your job is to notice, record, and speak up.

A clear record can make it easier to explain what has changed and how it is affecting your daily life. If period pain is severe, worsening, or stopping you from doing normal activities, it is important to seek medical advice. [NHS guidance on period pain](#) [ACOG guidance on painful periods](#)

A Gentle Rule: Data, Not Drama

Sometimes, when you start tracking, you may notice things that worry you.

Take a breath.

The purpose of your notes is not to panic you. It is to help you feel less confused.

You are gathering data, not creating drama.

You are saying, “This happened. This is how it felt. This is what it affected.”

That is powerful.

You no longer have to rely on memory when you are sitting in a clinic, talking to your partner, or planning your next month. You have your own record.

And your record matters.

So for the next few weeks, give yourself three minutes each day. Do not aim for perfect notes. Aim for honest ones.

Because once you can see your usual pattern, you can do something most women never get taught to do: prepare before the hard days begin.

That is where we are going next. You will build your personal Red-Day Readiness Kit, so you are no longer left searching for help when your body has already started asking for it.

Chapter 4: Step Two — Prepare Before the Difficult Days Arrive

You now have the first part of your map. You are starting to notice your pain, your flow, your energy, and the days that tend to be harder.

Good.

Because here is where things get interesting: once you know your usual signals, you can prepare before your period catches you off guard.

This is the second step of The Monthly Relief Roadmap™: **Prepare.**

Preparation will not make your period disappear. But it can make your difficult days feel less chaotic.

And honestly, less chaos is a form of relief.

Meet Your Red-Day Readiness Kit

Your Red-Day Readiness Kit is a small collection of things that make life easier when your period starts or when pain becomes difficult.

It is not meant to be expensive. It is not a shopping competition. You do not need to buy every product you see online.

Your kit should fit your real life.

Think about where you spend your time:

- At home
- At work
- In school
- In traffic
- At a client meeting
- At church or mosque
- Travelling between places
- Caring for children

Then prepare for those places.

What to Keep in Your Bag

Your bag kit can be small. A pouch is enough.

Consider keeping:

- Your preferred period products
- Spare underwear in a small bag
- Wipes or tissue
- Hand sanitiser
- A small disposal bag
- A light snack you know sits well with you
- A water bottle
- A small note with your clinician's or pharmacy's contact details if needed

If you use pain relief that has been recommended as safe for you by a pharmacist or clinician, keep only what you need and follow the label or professional advice. Do not take more than recommended or mix medicines without checking first.

The goal is simple: when your period begins, you do not have to start a desperate search through your handbag.

You are already ready.

What to Keep at Home

Home is where you can make your difficult days gentler.

Your home support list may include:

- Period products you trust
- A clean pair of comfortable underwear
- A hot-water bottle or heat pad, used safely
- A soft towel or wrap
- Easy meals or ingredients for simple food
- A full water bottle nearby
- A notebook or phone charger for your tracker
- Comfortable clothes that do not press tightly against your stomach

You do not need to create a luxury spa scene every month.

Sometimes real support is simply having clean pyjamas, food you can manage, and no need to rush to the shop in the middle of pain.

What to Keep at Work

Work can be one of the hardest places to manage period pain. You may feel pressure to look normal even when you are struggling.

That is why a small work kit helps.

If you can, keep a few supplies in a drawer, locker, car, or work bag:

- Period products

- Spare underwear
- Wipes or tissue
- A small snack
- A water bottle
- A light cardigan or shawl if you often feel cold
- Your symptom tracker or phone note

You may also want to look at your calendar ahead of time.

If your tracker shows that Days 1 and 2 are usually hard, avoid adding extra pressure to those days when you have a choice. Do not schedule every big task, family event, and long journey in one small window if you can help it.

Life will not always cooperate. We know that.

But even one small adjustment can make a difference.

The Two-Days-Before Check

When your tracker shows that your period may be close, take ten minutes to prepare.

Ask yourself:

1. **Do I have enough period products?**

Check before you run out.

2. **Do I have clean, comfortable clothes ready?**

Choose items that make you feel safe and relaxed.

3. **Have I packed my bag kit?**

Do not wait until the morning you are rushing out the door.

4. **What does my calendar look like?**

Is there anything non-urgent that can be moved or made easier?

5. What support might I need?

Could you ask your partner to handle dinner one evening? Could you prepare food earlier? Could you plan a quieter night?

6. What did I learn last month?

Maybe you leaked because you did not have enough supplies.
Maybe pain felt worse because you skipped meals. Maybe you needed rest but tried to do everything.

This is not about planning your whole life around your period.

It is about giving yourself a better chance of having a manageable week.

Prepare Your People Too

Sometimes the best thing in your kit is not an object. It is a conversation.

You do not have to tell everybody the details of your cycle. But you can choose one or two people you trust and let them know what you may need.

You could say:

“My period is due this week, and the first two days can be difficult for me. I may need a quieter evening and some help with dinner.”

Or:

“I am dealing with painful periods today. I am still working, but I may need to take short breaks.”

Or even:

“I am not feeling well today. Can we move this conversation to tomorrow?”

Short. Clear. No long explanation.

You are not asking for special treatment. You are communicating like an adult who understands her needs.

Do Not Make Preparation Another Burden

Please do not turn this into a long, stressful to-do list.

You do not need a perfect kit.

You do not need colour-coded drawers.

You do not need to spend all your money.

Start with three things:

1. Period products you trust
2. A spare pair of underwear
3. A simple plan for your most difficult day

That is enough to begin.

As you use your tracker, you can add what makes sense for you.

Maybe it is a snack. Maybe it is a heat pack. Maybe it is preparing dinner early. Maybe it is asking somebody else to do the school run.

Your plan should feel like support, not pressure.

Your First Red-Day Plan

Before your next period, write this down:

My likely difficult days:

The symptoms I expect:

What I will pack:

What I will prepare at home:

One task I can make easier:

One person I can ask for support:

Keep it simple. Keep it real.

A useful plan is not the fanciest plan. It is the one you will actually use when you are tired and uncomfortable.

You have now moved from simply noticing your cycle to preparing for it. That is a big shift.

But preparation is only half the story. When your difficult days actually arrive, you need a gentle way to support yourself without guessing, overdoing it, or feeling guilty for slowing down.

That is what we will talk about next.

Chapter 5: Step Three — Support Yourself Without Guesswork

You have tracked your signals. You have prepared your Red-Day Readiness Kit. So when the difficult days arrive, you are not starting from zero.

That is progress.

Now comes the third step of The Monthly Relief Roadmap™: **Support.**

This is about giving yourself steady, sensible care when your period is hard. Not chasing a miracle. Not forcing yourself to be productive every minute. Not doing everything perfectly.

Just support.

Start With This Question: What Do I Need Right Now?

When pain begins, it is easy to panic.

You may think, “I cannot deal with this today.” Or, “I still have too much to do.” Or, “Why is this happening again?”

Take a breath.

Then ask yourself one simple question:

What do I need right now?

Maybe the answer is heat.

Maybe you need water.

Maybe you need food.

Maybe you need five quiet minutes.

Maybe you need to change your pad and put on more comfortable clothes.

Maybe you need to tell someone you are struggling.

The answer will not always be the same. That is why tracking matters.

Your support plan should match what your body and your day are asking for.

Build Your Comfort Routine

A comfort routine is not a fancy ritual. It is a short list of things that help you feel more supported during difficult period days.

Your routine might include:

- A warm bath or shower
- A heat pad or hot-water bottle wrapped safely
- Gentle movement, such as walking, stretching, or yoga, if it feels comfortable
- Rest when you can
- Drinking water regularly
- Eating simple meals instead of skipping food all day
- Getting enough sleep where possible
- Taking a break from tasks that can wait

Heat, gentle movement, rest, and relaxation can help some people manage period discomfort. What matters is finding what feels safe and useful for you. [NHS guidance on easing period pain](#)

You are not trying to “earn” rest by finishing every task first.

You are using support to make your day more manageable.

Make Food Easy, Not Perfect

On painful days, do not make eating harder than it needs to be.

You do not need a strict diet. You do not need to punish yourself for wanting comfort food. You do not need to follow somebody’s extreme “period cleanse.”

The main thing is to avoid running on empty.

Try to keep easy food around. Think of things you can make without too much stress:

- Oats or pap
- Eggs
- Rice and stew
- Beans
- Fruits you enjoy
- Yoghurt, if it suits you
- Soup and swallow
- Toast or simple sandwiches
- Leftovers you prepared earlier

Your body may not want a big meal when you are uncomfortable. That is okay. Small, regular meals can be easier than waiting until you are very hungry.

And please do not feel guilty if you choose the easy option.

This is not the week to prove you can cook a feast after a long day, in pain, with no sleep. If noodles and egg are what you can manage, that is what you can manage.

Keep Your Energy From Crashing

Pain can make you tired. Heavy bleeding can make you tired too. Poor sleep can make everything feel worse.

So protect your energy where you can.

Try these small changes:

1. **Drink water before you feel desperate for it.**

Keep a bottle near you. Small sips through the day are easier than trying to catch up at night.

2. **Do the most important task first.**

If you must work, choose the one thing that really needs your attention. Let the rest wait if it can.

3. **Use short breaks.**

Five minutes to stretch, breathe, use the bathroom, or sit quietly can help you reset.

4. **Lower the pressure at home.**

Choose the simplest dinner. Skip the non-urgent cleaning. Ask somebody else to handle one task.

5. Plan for earlier rest.

You may not be able to sleep for eight perfect hours. But going to bed a little earlier can still help.

This is not laziness. This is energy management.

Pain Relief: Keep It Safe and Personal

Some people use medicines to help manage period pain. What is safe and suitable depends on your health, your medical history, other medicines you take, and other factors.

If you use pain relief, follow the product label and advice from a pharmacist or clinician. Do not take more than recommended. Do not combine medicines unless you have checked that it is safe for you.

If the pain relief you normally use is not helping, or your pain is severe or getting worse, do not simply keep increasing what you take. Speak to a qualified healthcare professional instead.

You deserve support that is safe, not desperate.

Your Difficult-Day Script

Sometimes you need a sentence ready before you need it.

Here are a few you can use:

“I am having a difficult period day. I need a little time to rest and reset.”

“I am not feeling well enough to take this on today. I can return to it tomorrow.”

“I need help with dinner and the children this evening.”

“I am managing pain today, so I may need to take short breaks.”

You do not owe everybody a full explanation.

You are allowed to protect your privacy and still ask for what you need.

Know When to Stop “Managing” and Ask for Help

Home support is useful. Planning is useful. Tracking is useful.

But some symptoms need more than a home plan.

Seek medical advice if your period pain is severe, worsening, not helped by your usual care, or regularly stops you from doing normal activities.

Get advice as well if your periods become heavier or irregular, you bleed between periods, or you have pain during sex, urination, or bowel movements. [NHS guidance on period pain](#)

You are not being dramatic by asking questions.

You are being responsible.

Your Support Menu

Write down your own support menu now.

When pain is mild, I will:

When pain is distracting, I will:

When pain affects my normal activities, I will:

The person I can contact is:

The healthcare service or clinic I can contact is:

This is your plan for difficult days.

Not perfect. Not complicated. Just clear.

You have now learned how to understand your signals, prepare ahead, and support yourself when pain arrives. But there is one final step that many women find hard: speaking up.

In the next chapter, you will learn how to put your experience into words—whether you are talking to a doctor, a partner, a manager, or someone you trust.

Chapter 6: Step Four — Speak Up With Clear Evidence

You have done a lot already.

You are no longer guessing every month. You are tracking your signals. You are preparing for difficult days. You are learning what support helps you feel less overwhelmed.

Now comes the final step of The Monthly Relief Roadmap™: **Speak Up.**

For many women, this is the hardest part.

Not because they do not know they are in pain. But because they have spent years being told to manage it quietly.

Maybe you worry that a doctor will dismiss you.

Maybe you do not want your partner to think you are complaining.

Maybe you feel awkward asking your manager for a small adjustment.

Maybe you do not even know how to explain what is happening.

That is why your tracker matters. It gives you more than notes. It gives you words.

You Do Not Need to Prove You Are “Sick Enough”

You may have waited too long to ask for help because you thought your pain was not serious enough.

Maybe someone else told you, “Everyone gets cramps.”

Yes, many people get cramps. But pain that disrupts your life is still important.

You do not have to collapse before you deserve support.

You do not have to wait until you have missed ten days of work.

You do not have to keep suffering just because you have survived it before.

You can speak to a qualified healthcare professional at any point about painful periods. It is especially important to seek help if pain is severe, worse than usual, or making normal daily activities difficult. [ACOG guidance on painful periods](#) [NHS guidance on period pain](#)

How to Describe Your Period Pain Clearly

When you are sitting in front of a clinician, it is easy to forget important details.

You may say, “My periods are painful,” and then your mind goes blank.

Your notes can help.

Before an appointment, write down:

- When your last period started
- How many days bleeding usually lasts
- When pain starts and how long it lasts
- Where you feel the pain
- Your usual pain level from 0 to 10
- Whether bleeding is light, medium, or heavy

- Whether you pass clots or leak through products
- Other symptoms, such as headaches, nausea, back pain, tiredness, or dizziness
- How your period affects work, school, sleep, sex, exercise, or daily activities
- What you have already tried
- Any medicines or supplements you use

You do not need to use medical words.

Plain words are enough.

You can say:

“My cramps start the day before my period and get worse on Day 2.”

“The pain is usually a 7 out of 10, and I have to miss work at least one day.”

“I have been tracking for three months, and the bleeding is heavier than it used to be.”

“My usual pain relief is not helping as much as before.”

That is clear. That is useful. That is enough.

Questions You Can Take to an Appointment

You are allowed to ask questions.

You are allowed to take notes.

You are allowed to say, “Can you explain that in a simpler way?”

Try these questions:

1. "Could there be a reason my period pain is getting worse?"
2. "What should I track before my next appointment?"
3. "What are the safe options for managing this pain?"
4. "Do I need any tests or a referral?"
5. "What symptoms mean I should seek urgent help?"
6. "Could my bleeding pattern be part of the problem?"
7. "What should I do if the treatment we try does not help?"

You do not have to remember them all. Circle the two or three that matter most to you.

Talking to a Partner Without Feeling Guilty

Sometimes the hardest conversation is at home.

You may feel like your partner should already understand. But people often do better when we tell them clearly what we need.

Try this:

"My period pain is affecting me more than I have admitted. I am working on a plan, but I need practical support on the difficult days."

Then be specific.

"Can you handle dinner on the first day of my period?"

"Can you take the children out for an hour so I can rest?"

"Can you pick up period products on your way home?"

This is not about making your period somebody else's problem.

It is about sharing life fairly.

Talking to a Manager or Colleague

You do not have to disclose every detail at work.

You can keep it simple.

“I am dealing with a health issue today and may need short breaks.”

“I am not feeling well enough to stay late, but I will complete the urgent part of this task.”

“Could we move this meeting to tomorrow? I will be better able to contribute.”

You do not need to apologise for having a body.

You are asking for a reasonable adjustment to get through the day.

When You Need Urgent Help

Some symptoms should not be ignored.

Get urgent medical advice if pelvic or period pain is severe, suddenly worse than usual, or not helped by the pain relief you normally use. Seek prompt medical advice as well if you have unusual bleeding with severe pain, feel faint, or are worried about a sudden change in your symptoms.

Local emergency services should be used for emergencies. [NHS guidance on urgent period-pain care](#)

Trust yourself.

If something feels different, severe, or alarming, you do not have to wait for the next month to see if it happens again.

Your Voice Is Part of Your Care

This is the part I want you to remember.

Tracking your symptoms is useful. Preparing your kit is useful. Resting and asking for help are useful.

But your voice matters too.

You are the expert on how this pain affects your life.

A clinician may know medicine. Your partner may know your routine. Your manager may know your workload. But you know what it feels like to wake up tired, sit through cramps, worry about leaking, and still try to be everything to everybody.

Do not minimise that.

Say what is true.

Write it down.

Ask your questions.

Bring your notes.

You deserve to be heard.

You now have all four steps of The Monthly Relief Roadmap™:

Understand, Prepare, Support, and Speak Up.

In the final chapter, you will put everything together into one simple 28-day plan. No guessing. No complicated rules. Just a clear starting point for the next time your period comes.

Chapter 7: Your 28-Day Monthly Relief Roadmap

You now have the full system.

You know how to understand your cycle signals. You know how to prepare before difficult days arrive. You know how to support yourself when pain comes. And you know how to speak up with clear words when you need help.

Now let us put it all together.

This is not a strict routine. Your cycle may not arrive on the same day every month. Your work and family life may change. Some months may feel easier than others.

That is okay.

The Monthly Relief Roadmap™ is not about being perfect. It is about having a plan you can return to.

Start Here: Your Next Day 1

Day 1 is the first day of proper bleeding.

When your period starts, do not wait until the month is over to try to remember what happened. Open your tracker and write down:

- The date
- Your pain level

- Your flow
- Your energy
- Your mood
- Any symptoms you notice
- What you need today

That is your starting point.

You do not need to write pages. One or two honest lines are enough.

For example:

Day 1. Pain 6. Medium flow. Tired and irritable. Lower-back pain. I need heat, a simple dinner, and an early night.

Simple. Clear. Useful.

Days 1 to 3: Support the Hardest Days

For many women, the first few days are the most difficult. Your tracker will show you whether that is true for you.

During these days, focus on support.

Your job on difficult days is to:

1. **Track what is happening**

Write down pain, flow, energy, and anything different from your usual pattern.

2. **Use your comfort routine**

Heat, rest, gentle movement if comfortable, water, simple meals, and your personal support plan.

3. Lower pressure where you can

Move one task. Ask for help. Choose the easy dinner. Take short breaks.

4. Use your Red-Day Readiness Kit

You prepared it for a reason. Let it make your day easier.

5. Speak up if you need to

Tell a trusted person what support would help. If pain is severe, worsening, or affecting normal life, seek professional advice.

Remember: your goal is not to win an award for suffering quietly.

Your goal is to get through the day with more care and less panic.

Days 4 to 7: Review, Do Not Forget

When bleeding begins to slow down, it is tempting to forget everything that happened.

Do not.

This is the best time to look back while the details are still fresh.

Ask yourself:

- Which day was hardest?
- What symptoms showed up?
- What helped me?
- What made things worse?
- Did I have enough supplies?
- Did I need more support at home or work?
- Was anything different from my usual pattern?

Write down your answers.

This is how you build your roadmap.

Maybe you notice that your pain is worse after poor sleep. Maybe you see that Day 2 is always your heaviest day. Maybe you realise your work bag needs extra supplies. Maybe you notice that pain is getting worse each month.

Those details help you prepare better next time.

Days 8 to 14: Refill and Reset

This is your refill week.

Check your supplies before the next period is close.

Refill what you used:

- Period products
- Wipes or tissue
- Spare underwear
- Snacks
- Water bottle
- Comfort items
- Any items in your work or travel kit

Then look at your calendar.

If your next period tends to arrive around a certain time, are there any days you may want to prepare for? A long trip? A major presentation? A family event? A full weekend of commitments?

You cannot plan every part of life around your period. But you can stop making your hardest days harder than they need to be.

Days 15 to 21: Notice the Early Signals

This is where you begin to pay attention again.

Some women notice changes before bleeding begins. You may feel tired, bloated, emotional, restless, hungry, or uncomfortable. You may notice headaches, poor sleep, or lower-back pain.

Do not assume every symptom is caused by your cycle. Just notice what repeats for you.

Write down simple notes.

Energy low today. Sleeping badly. Period may be close.

Mild lower-back ache. Packed my bag kit tonight.

Feeling okay, but I checked supplies before the weekend.

These notes help you move from surprise to preparation.

Days 22 to 28: Your Two-Days-Before Plan

When your tracker suggests your period may be close, do your short preparation check.

Check your bag

Do you have enough period products?

Do you have spare underwear?

Do you have wipes or tissue?

Do you have water and a snack?

Check your home

Do you have easy food available?

Do you have clean, comfortable clothes?

Is your heat pad or hot-water bottle ready to use safely?

Is there one task you can do early?

Check your calendar

Can you avoid adding unnecessary pressure?

Can you finish one important task before your difficult days?

Can you plan a quieter evening?

Check your support

Who can help if you need it?

What will you say?

You can keep it simple:

“My period is due soon, and I may need extra support this week.”

That one sentence can save you from trying to carry everything alone.

Your One-Page Monthly Plan

Use this at the start of every cycle.

My likely difficult days:

My usual early signals:

The symptoms I will track:

What I will keep in my bag:

What I will prepare at home:

One task I will make easier:

One person I can ask for support:

What would mean I need medical advice:

Keep this page somewhere you will see it.

Not hidden in a drawer where you forget it exists.

Put it in your notebook, your phone notes, or beside your calendar.

Give Yourself Two to Three Cycles

Do not expect to know everything after one month.

Your first month is about noticing.

Your second month is about preparing better.

Your third month is about seeing clearer patterns and deciding what needs to change.

By then, you may have useful answers:

- Which days are hardest?
- What support truly helps?
- What do I need to keep ready?
- What do I need to ask a clinician?
- What do I need to ask for at home or work?
- What patterns should I take seriously?

That is real progress.

Your Promise to Yourself

Before you close this guide, read this slowly:

I will listen to my body without shame.

I will prepare before my difficult days arrive.

I will support myself without guilt.

I will speak up when I need help.

I will not suffer in silence just because I have done it before.

Your period may still be part of your month.

But it does not have to control your whole month.

You now have a roadmap. Use it gently. Use it honestly. Return to it whenever you need to.

And remember: you deserve care, clear information, and support that takes your pain seriously.