



Access isn't equal. Folks navigate this differently every day.

- folded toilet paper or paper towels into a temporary pad
 - use clean cloth (sock, bandana, t-shirt) if available
 - if you can: carry a backup when possible, but not everyone can, and that's real
 - check in with a local library: some may have period products readily available in bathrooms, but Brooklyn Public Library has that as well as period panties in branches. Look at the back of this zine to find branches that have period panties.
- No pad or tampon available? You still have options.**

Use this space to write or draw about your period.

Note down when you're actively bleeding, what you felt before, during, and after your period. Maybe you want to track symptoms, amount of blood flow. Whatever you want to use this space for, use it for **you**.

Find a period pantry or period related event near you!



I'm on my Period.



a body diary for menstruators



What's happening in my body

This is the menstrual phase of my cycle. My body is shedding the uterine lining it prepared.

Hormone levels drop, which can affect energy, mood, and physical comfort.

This is not a malfunction, it's a cycle completing itself.

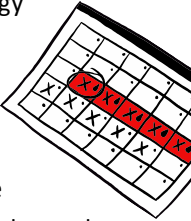
Many people menstruate, or have a period.



Physical Symptoms

"During this week, I might feel":

- Cramps or lower belly pain
- Fatigue or low energy
- Bloating
- Headaches
- Lower back pain
- Breast tenderness
- Changes in appetite



Some days feel heavier than others.

Write what you're feeling:

Moving might feel extra difficult or intense while you're on your period, but you can do some yoga poses that might help to relieve some of the tension in your body. This video helps to provide some movement that provides ease on days 1 through 4 of your period, when you're actively bleeding.

Ultimately, do what might work best for you, and don't force your body into what doesn't feel good in that moment.



link:
https://youtu.be/MyhHkg7t9mA?si=5BVHFWGK_IKFIQPC

