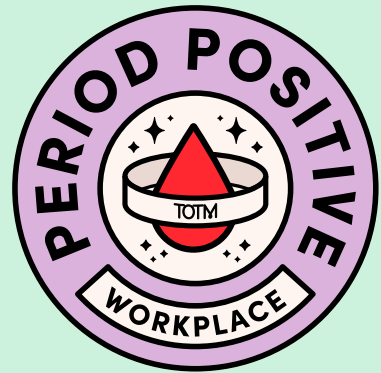


TOTM

Period Powerful Resources

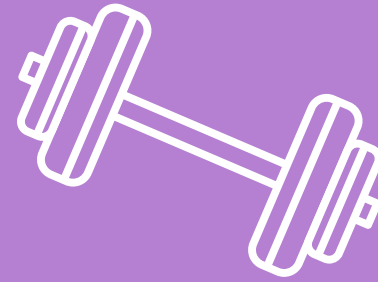
A round-up of our favourite menstrual wellbeing content



To view the content, please click each square below:



Guided
sound bath for
relaxation on
your period



PT guided
workouts for each
menstrual cycle
phase



Hormone-
friendly healthy
recipe
cookalong



Positive
affirmations
mindful colouring
exercises



Calming sleep
story to soothe
PMS



Hormones 101:
A guide to your
cycle



10 period plastic
facts with Ella
Daish



How your period
can impact
mental health