

MANAGING MY PERIOD: THE OPTIONS

When it comes to managing your period and choosing period products, there are **many different options available**. The type of product(s) you use will vary depending on personal preference, blood flow, and maybe even the sport/activity you do. Below is a short **summary of the different types of period products available, including how they work**. For more information you can also see our Managing my Period: What are the options? booklet.



1

Pads

Pads are probably the first-ever period product you will use and they are one of the easiest period products out there! Pads are made of absorbent material that you simply stick to the inside of your underwear to absorb your period blood as it comes out of the vagina. You can also buy reusable cloth pads that work in a similar way.



2

Tampons

Tampons are another very common period product. These are cylindrical and are made of compacted, soft, cotton (or other fibres) material. A tampon has to be inserted into your vagina where it sits and absorbs period blood before it comes out of your vagina. A string attached to the bottom of the tampon is used to remove the tampon.



3

Period knickers

Period knickers are new to the period product scene but they are very easy and simple to use. They are just like your regular underwear except they contain extra, absorbent layers of fabric which allows them to absorb menstrual blood. They can be used on their own or as a backup for tampons and menstrual cups. They are reusable and can last several years.



4

Menstrual cup

Menstrual cups are small, egg-shaped cups made from flexible materials, like medical grade silicone that you insert into the vagina. They work like tampons in that they sit inside of the body. But, rather than absorbing blood, cups collect the blood to be disposed down the toilet once you've removed your cup. They are reusable and can last up to 10 years!



QUICK TIPS

Periods sometimes arrive unexpected. To avoid not having period products when you need them (especially when you're playing sport) create a period product kit with all your favourite products in which you can take with you wherever you go!

For more Female Athlete Education Resources see:

Website: www.SHEResearch.ie

Twitter: @SHEResearch_TUS



SCAN ME

Managing My Period

Heather E. Stark MEDSC



Managing My Period:

Girls: Essential Tips on How to Cope with Periods Pasquale De Marco, *Girls Essential Tips on How to Cope with Periods* is the ultimate guide to understanding and managing your period. This book covers everything you need to know about your period from the basics of the menstrual cycle to common period problems and how to manage them. You will also learn about the importance of taking care of your mental health during your period and get tips for managing your period in different situations such as while playing sports, traveling, or at school. This book is written in a clear and concise style and it is packed with helpful information. Whether you are just starting to get your period or you have been dealing with it for years, this book has something for you. Here are some of the things you will learn in this book: What is a period and why do girls get them? The different phases of the menstrual cycle. How to track your period. What to expect during each phase of your cycle. Common period problems such as cramps, mood swings, and acne. How to manage period problems. The importance of taking care of your mental health during your period. How to manage your period in different situations. The future of period care. This book is a valuable resource for any girl who wants to understand and manage her period. It is also a great gift for parents and educators who want to help girls learn about this important topic. If you like this book, write a review. *Your Period Handbook* Natasha Richardson, 2020-01-31. For the millions of menstruating women who suffer from debilitating pain, erratic periods, heavy bleeding, or the effects of premenstrual syndrome every month, this book explores a crucial missing link: stress. Drawing on personal experience of overcoming crippling period pain and clinical expertise as a medical herbalist, Natasha Richardson gives practical advice on using simple herbal remedies and how to change the way we approach our daily schedules from sleep to nutrition. Common menstrual problems are explored with advice on how to treat their underlying causes. Heavy bleeding, erratic cycles, missed periods, painful cramps, acne, breast tenderness, PMS, migraine, and anxiety are featured, plus the red flag symptoms to watch out for. Conditions such as endometriosis, PCOS, and fibroids are looked at in depth with accompanying treatment plans. **Own Your Period** Chella Quint, 2021-10-12. This fact-filled guide to periods answers all your essential questions like: what is a vulva? what do periods actually feel like? and what happens if blood stains your clothes? Back cover. **The Edge of Sex** Lisa Speidel, Micah Jones, 2019-11-27. *The Edge of Sex* is an anthology of voices from the margins bringing together 37 writers to discuss their experiences of sex and sex education in America. The anthology explores often overlooked and excluded identities with pieces on sexuality and disabilities, survivors of assault, sex work, women of color, kink, and BDSM, being Muslim and queer, reproductive rights, and the challenges of culture and identity when grappling with gender fluidity and gendered expectations. As they trace the negative effects of a restrictive, fear-based sex education, particularly on marginalized individuals, these stories unearth larger themes: tensions with race and religion, expectations from heteronormative society, and pressures of femininity and masculinity. Importantly, they also highlight the resilience and empowerment of marginalized individuals within a culture designed to ostracize them.

The rich diverse and intersectional stories of *The Edge of Sex* paint a contextualized picture of sex education and make an urgent case for better representation and more inclusive consistent and comprehensive content. By reading this anthology casual readers may learn more about their sexual selves, clinicians can apply the material to their practices with clients and educators and students can expand their knowledge of feminist theory, intersectional theory, queer theory and sex education.

Period Matters Farah Ahamed, 2022-08-18. A pathbreaking anthology on the diverse experiences of menstruation in South Asia. Menstruation, despite being a healthy and fundamental bodily process, is a topic often buried in fear and shame and its discussion is even taboo in many societies. But a worldwide effort to bring conversations about menstruation and menstrual health into the open is now firmly underway. *Period Matters* carries this important endeavour forward by bringing together a breadth of perspectives from well-known figures as well as those whose voices are missing from the mainstream. Essays, artwork, stories and poems from policymakers, entrepreneurs, artists, academics, activists as well as interviews with those at the margins such as the homeless and those living with disabilities explore myriad aspects of how menstruation is experienced in South Asia. While activist Granaz Baloch narrates how she defied traditional notions of tribal honour and conducted the first ever menstrual health workshop in Balochistan, Radha Paudel writes about her mission to have menstrual dignity acknowledged as a human right in Nepal. Shashi Tharoor relays his radical Menstrual Rights Bill which was tabled in the Lok Sabha in the Indian parliament. We hear from Erum about the challenges of getting one's period when incarcerated as Farzana and Chandan relate how mimicking the rituals of menstruation helps them feel more feminine as transwomen. Tishani Doshi breaks new ground with a poem about her uterus. Ayra Indrias Patras describes how some poor women in Pakistan managed their period during the Covid-19 pandemic. Aditi Gupta reflects on promoting menstrual literacy among young children across India through the *Menstrupedia* comic books. In a personal essay, Lisa Ray reveals how her illness triggered an early onset of menopause. The book also showcases menstrual art inspired by menstruation ranging from Rupinder Kaur's iconic photo essay, Anish Kapoor's oil paintings, Shahzia Sikander's neo-miniaturist art, photographs of wall murals made by young people in Jharkhand to Sarah Naqvi's embroidery. Amna Mawaz Khan offers a perspective through the choreography of her menstrual dance. A collection of breathtaking scope and significance, *Period Matters* illustrates with power, purpose and creativity both the variances and commonalities of menstruation.

AAKAR INNOVATIONS FARAH AHAMED GRANAZ BALOCH SIBA BARKATAKI ALNOOR BHIMANI SRILEKHA CHAKRABORTY SHASHI DESHPANDE TISHANI DOSHI LILA FREECHILD ZINTHIYA GANESHPANCHAN GOONJ ANISH KAPOOR RUPINDER KAUR K MADAVANE AMNA MAWAZ KHAN MENSTRUPEDIA SARAH NAQVI AYRA INDRIAS PATRAS VICTORIA PATRICK RADHA PAUDEL RADHIKA RADHAKRISHNAN LISA RAY MARIAM SIAR SHAHZIA SIKANDER SHASHI THAROOR MEERA TIWARI TASHI ZANGMO

Controlling Your Anger before It Controls You Gregory L. Ph.D. Jantz, Ann McMurray, 2013-03-15. Dr Jantz shows women how to accept the truth of their anger, examine where it comes from, be honest about how they use it, be open

to change be willing to forgive even themselves be willing to feel something else besides their anger With a compassionate tone and an honest look at reality Dr Jantz helps women face their anger issues move beyond them and live the life they were meant to live

Managing Your Learning Geoffrey Squires,2013-03-07 This book is about analysing understanding and managing the way you learn Whether you are working towards a formal qualification are undertaking work related training or are learning informally by yourself Managing Your Learning will help you to assess and build on your strengths and identify and improve your weaknesses You can use this book by yourself or in an organised group or class There are 25 sections each containing a diagnostic questionnaire on a specific aspect of learning key points to explore suggestions for further action Each chapter has sections for you to make notes about your own situation and there is advice on computers presentations and other study skills By the end of the book you will have developed an individual learning profile and worked out a personal action plan

How Can I Better Manage My Work-Life Balance? ANGELO DI BENEDETTO,2024-12-11 Struggling to juggle your personal and professional life How Can I Better Manage My Work Life Balance offers a practical and compassionate roadmap to help you reclaim harmony fulfillment and control This empowering guide explores how to define your values set healthy boundaries embrace self kindness and create meaningful rituals that bring balance into your daily routine Whether you re a working parent a career driven professional or someone simply seeking a more intentional life this book provides actionable strategies to help you prioritize what matters most without sacrificing your well being With relatable stories reflective prompts and easy to follow steps you ll discover how to navigate modern day pressures while staying grounded and focused It s not about doing everything it s about doing the right things for you Let this book inspire you to craft a life where work rest and relationships coexist harmoniously Perfect for readers who are Overwhelmed by their current lifestyle and seeking change Interested in practical time management and self care tips Ready to embrace a healthier relationship with work and personal life WorkLifeBalance SelfCare PersonalGrowth TimeManagement Mindfulness Boundaries ProductivityTips WellnessJourney IntentionalLiving

The Vagina Book Thinx,2020-08-18 The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know but might be too afraid to ask With sections on anatomy periods hormones sex contraception fertility hair care and so much more this fun to read guide helps readers make healthy decisions for their bodies Compelling personal essays from a diverse group of luminary figures including Margaret Cho Roxane Gay and Blair Imani are sprinkled throughout enriching the pages with beauty strength and honesty From OB GYN Dr Jennifer Conti and the team behind the beloved Thinx period products Dispenses with taboos and misinformation about vaginas and bodies Provides the latest health research in easy to digest entries Advice includes yoga poses to help with PMS and cramping a cheat sheet for making sense of contraception options why you should care about your pelvic floor plus easy strengthening exercises and the illustrated history of feminine hygiene products from ancient Egypt through today This groundbreaking guide is a perfect gift for every modern woman and a vital addition to

every modern bookshelf A must have handbook for anyone with a vagina Presented in a luxe cushioned case filled with more than a hundred vibrant illustrations Perfect unique gift for anyone who is passionate about sexual health feminism and learning more about their body as well as readers of Refinery29 and GOOP Add it to the shelf with books like Come as You Are The Surprising New Science that Will Transform Your Sex Life by Emily Nagoski PhD WomanCode Perfect Your Cycle Amplify Your Fertility Supercharge Your Sex Drive and Become a Power Source by Alisa Vitti and Pussy A Reclamation by Regena Thomashaue A Happy Period: A Girl's Simple Guide to Understanding Her Menstruation Fehintola Simeon-Umukoro, Growing up can be a wild ride and there s so much to learn as you journey from childhood to becoming a young adult In this book written just for you we dive into the changes your body will go through during puberty especially focusing on menstrual health and hygiene You ll discover what to expect how to stay comfortable and why talking about menstruation is completely normal Whether you re curious about what s coming or already experiencing changes this guide is here to help you navigate it all with confidence and knowledge It s okay to have questions let s find the answers together

The Palgrave Handbook of Critical Menstruation Studies Chris Bobel,Inga T. Winkler,Breanne Fahs,Katie Ann Hasson,Elizabeth Arveda Kissling,Tomi-Ann Roberts,2020-07-24 This open access handbook the first of its kind provides a comprehensive and carefully curated multidisciplinary and genre spanning view of the state of the field of Critical Menstruation Studies opening up new directions in research and advocacy It is animated by the central question what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course The chapters diverse in content form and perspective establish Critical Menstruation Studies as a potent lens that reveals complicates and unpacks inequalities across biological social cultural and historical dimensions This handbook is an unmatched resource for researchers policy makers practitioners and activists new to and already familiar with the field as it rapidly develops and expands Advice to a Wife on the Management of Herself; during the periods of menstruation, pregnancy, labour, and suckling ... The third edition Pye Henry CHAVASSE,1875 You Can Have a Better Period Le'Nise Brothers,2022-03-08 A practical guide to understanding your cycle and balancing your hormones with nutrition and yoga for a calm and pain free period Written by Le Nise Brothers a nutritional therapist yoga teacher and popular women s health hormone and wellbeing coach You Can Have A Better Period is a straight talking resource to help women understand their menstrual cycles and finally get answers to questions such as why am I so moody right before my period are periods supposed to be so painful why is my period so heavy is it normal to get headaches right before my period Le Nise Brothers takes us through each phase of our cycle including a clear programme of nutrition and lifestyle changes The book explains which supplements work and the key stress management habits we can implement to bring long lasting and sustainable changes to our hormonal balance and menstrual health In Western society we have accepted a cultural narrative that periods are supposed to be painful emotional and messy This book will be a practical guide that helps women change the way they

look at their period and finally harness the power of the fifth vital sign **Managing Your Type 2 Insulin Dependent Diabetes** Larry W. Stephenson, 2004-04-05 Over the past two decades I have been asked by scores of diabetics who were either newly diagnosed insulin dependent diabetics or insulin dependent diabetics who were having difficulty in regulating their blood sugar levels how I was able to manage my insulin dependent diabetes This user guide was developed as a result of the many hours of discussions with diabetics struggling with the challenges of adapting to their new life as an insulin dependent diabetic In this respect I have written this user guide to assist those individuals who are struggling with the challenges of adapting to a life dependent upon insulin injections I have attempted to make this user manual as reader friendly as possible so that even the youngest of readers will be able to understand why it is essential for them to critically managing their blood sugars and why at times that is very difficult in spite of their best efforts Managing your Mental Health during your PhD Zoë J. Ayres, 2022-09-14 This book explores the PhD experience as never before and provides a survival guide for current and prospective PhD students The book investigates why mental health issues are so common among the postgraduate population going beyond the statistics looking at lived experience of both the author and as well as current PhD students who have found balancing mental wellness with the PhD endeavour challenging The author discusses tips and tricks she wished she had known at the start of her PhD process for managing mental health such as managing imposter feelings prioritising workload and self care strategies to help others throughout their own journey The book goes beyond typical mental health discussions where the focus for improving mental health is placed on PhD students to become more resilient and explores some of the often unspoken environmental factors that can impact mental health These include the PhD student supervisor relationship the pressure to publish and deep systemic problems in academia such as racism bullying and harassment Finally the book is a call to action providing tangible improvements from the author's perspective that university institutions can make to ensure that academia is a place for all to thrive **Her Story: A Heartfelt & Hilarious Conversation About Why Beauty Milestones Should Be Options, Not Expectations.** Heather E. Stark MEDSC , 2022-09-15 Sweet Girls Life is an incredible thing You deserve to live a life full of self love and confidence secure in the knowledge that you are enough But unfortunately sometimes we feel as if we have to fit in and conform to others expectations of beauty If you believe you need to change who you are to be beautiful then we must change the conversation about beauty culture Believe me when I say Sweet Girl you are without a doubt enough Love H Her Story is a proactive approach to preparing our girls for the cultural milestones they will encounter as they navigate the obstacle course known as puberty With humor personal narrative and historical perspective Stark guides girls and their parents through the histories of makeup hair removal practices fashion bras hair trends and even friendships She breaks down these cultural mindsets in easy to read understandable terms She helps girls and parents understand that these practices should be options not expectations Be Period Positive Chella Quint, 2021-08-24 Navigate the highs and lows of menstruation with confidence

Feel your best at any time of the month This science backed menstruation book is full of good advice and friendly tips to give you the tools to reframe your thinking and learn to love your cycle Be period positive Inside the pages of this modern day menstruation guide you ll discover A practical science backed guide to your period with infographics and anatomical diagrams Answers to all your period related questions exploring topics like the functions and effects of hormones when periods are normal or abnormal hormonal birth control sex fertility and pregnancy Explanations of common female health conditions such as PCOS and endometriosis Light or heavy early or late painful or painfully bad timing periods can be a nightmare With its beautiful visuals and question and answer format Be Period Positive provides practical advice on managing the common symptoms most women have during their period from easing cramps to using a menstrual cup coming off the pill and managing PMS Find answers to the common period myths like whether your menstrual cycle is linked to the moon or if period synchronization is a thing Explore how periods evolved and what is going on in your body to deepen your understanding of your cycle This period positive book includes sections that will help you hack your period Learn how adapting your diet exercise and other strategies can help you manage hormonal fluctuations physical and emotional effects Learn how to recognize when you re at your most receptive creative and vulnerable so that you can get the best out of every stage of your cycle

Not Just a Period Hazel Wallace,2025-05-22 The instant Sunday Times bestseller No fluff just facts An absolute must read for understanding our bodies better Chessie King A game changing practical resource for understanding your cycle and your health Cherry Healey Every question you ve ever had about periods is answered in this book it s just brilliant Dr Thivi Maruthappu Work with your cycle for better periods more energy and a healthier you Do your emotions and energy levels fluctuate throughout the month Do you struggle with challenging or disruptive periods Or do you just want to work with your hormones to optimise your health whatever the time of the month You re not alone In *Not Just a Period* bestselling author Dr Hazel Wallace sets out how your menstrual cycle affects your health and wellbeing throughout the month from immunity and cardiovascular issues to gut function and even the speed of your metabolism as well as how to have better periods In this ground breaking highly practical book she will help you understand What s normal and what s not so you can spot red flags and challenge your expectations of what you should and shouldn t put up with FYI periods should not be that painful How to optimize your health and performance across the cycle by adjusting your nutrition movement and sleep right down to your skincare How to navigate changes and fluctuations in body image libido and mood across the menstrual cycle How to speak to partners family and health professionals to advocate best for yourself and your needs *Not Just a Period* is a truly pioneering look at key aspects of women s health nutrition movement sleep mood libido body image and skin and hair examined for the first time through the lens of the menstrual cycle It s time to feel empowered not held back by the unique way your body works With Dr Hazel s advice you can finally live happily alongside and in tune with your cycle

SAP MM INVENTORY MANAGEMENT P.K. AGRAWAL,2014-07-30 SAP is a powerful software that meets the

requirement of business all over the world This well organised book comprising 34 chapters is useful for both beginners and professionals Being a learning guide and a user manual the book will be immensely valuable for all those who are training to be SAP consultant If you are a material production manager a QM professional or a business executive you will find that the book brings a lot of convenience in your work and minimises inventory losses

A New Approach to SAP Implementation

Structured dialog The dialog between the consultant and the users should be based on the structure of this book The consultant would demonstrate a business transaction e g goods receipt in its simplest form He would then explain the data items on the screens their meaning and significance He would enquire whether the data item is relevant for the client company The data items that are not relevant can be hidden in the implementation and related configuration marked as not required When the consultant would come to a section explaining IMG node his questions to the user would be designed to collect the information required to configure that node

Prototyping As the structured dialog continues the consultant would go on doing the configuration By the end of the dialog the consultant would have built a company specific prototype

Training and trials The prototype would be a rough cut implementation of SAP for the company It would be used for training the users After training the users would try out the system They would perform routine transactions several times using real life data of their company They would try different scenarios and record their observations

Refinement After prototype trials the consultant and the users would sit together to discuss what the users required to do but could not do with the prototype The consultant would use this input to refine the prototype and to build new functionality if needed

Configuration manual The documentation of SAP implementation includes a configuration manual This configuration manual should be structured on the lines of this book as explained in Chapter 34 Such a configuration manual will be easy to understand as it groups logically related elements together

User manual This book will serve as a generic user manual Company specific user manual can also be structured on the lines of this book including only company specific guidelines for the users

Other SAP MM Book by the Author SAP MM Purchasing Technical Reference and Learning Guide

2015 Publication 17: Your Federal Income Tax (For Individuals) Internal Revenue Service (IRS) Media and Publications Division, 2016-01-14 This official IRS Publication 17 Your Federal Income Tax for Individuals covers the general rules for filing a United States federal income tax return It supplements the information contained in your tax form instructions and closely follows IRS Form 1040 U S Individual Income Tax Return IRS Publication 17 is divided into six parts which cover different sections of IRS Form 1040 IRS Publication 17 will help you identify which filing status you qualify for whether you can claim any dependents and whether the income you receive is taxable IRS Publication 17 goes on to explain the standard deduction the kinds of expenses you may be able to deduct and the various kinds of credits you may be able to take to reduce your tax Throughout IRS Publication 17 are examples showing how the tax law applies in typical situations Also throughout IRS Publication 17 are flowcharts and tables that present tax information in an easy to understand manner Additionally the IRS has included a What's New section

to summarize important federal income tax changes that took effect in 2015 IRS provides information about the Affordable Care Act ACA Achieving a Better Life Experience ABLE act tax credits and expired tax benefits in this section There are additional resources at the end of the publication for tax questions not covered in this publication Individual U S taxpayers high school aged through adult corporate tax accountants assisting individuals with preparations for annual Federal income tax submissions and public library reference resource centers may be interested in this official IRS Publication IRS Publication 17 is produced by the Internal Revenue Service Media and Publications Division a Bureau within the United States Department of Treasury

Unveiling the Magic of Words: A Overview of "**Managing My Period**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Managing My Period**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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