



2022

MENSTRUAL WELLNESS CHALLENGE

Understanding your menstrual cycle and creating healthy habits that promote optimal menstrual wellness is important for your reproductive health.

Use this 2022 challenge to hold yourself accountable for understanding, embracing, and loving your *flow*. As you accomplish each task, cross it off and celebrate!

Get a notebook & journal your menstrual experience

Learn your family's reproductive health history

DIY or purchase a heating pad

Download a period tracker app

Schedule a gynecology appointment

Eat anti-inflammatory foods

Plan your own period party or period talk

Choose safer personal care products

Write down your period symptoms during every cycle

Support Black-owned menstrual product brands

Create a daily physical activity plan

Attend a Love Your Menses event

Create a period playlist with songs you enjoy

Try reusable period products

Read books about reproductive health

Take a multivitamin

Get a reusable pouch for your period products

Drink enough water daily

Purchase herbal tea or make your own tea blends

Get enough sleep every night

Get your hormone levels checked

Get some sunlight everyday

Write down positive affirmations about your period

Schedule a physical exam

Don't suffer in silence, if you experience pain, seek help

Email your completed board to info@loveyourmenses.com by December 31, 2022 for a chance to win a special gift!