



Menstruation...

Learning about how and why our bodies menstruate and how this may affect our mood, physical pain, appetite and energy levels can be useful. Understanding about the biology of periods is helpful too.

Some people may find the sensation of wearing sanitary towels uncomfortable. Or they may dislike the fragrance of scented sanitary towels.

Tampons and menstrual cups can be an alternative for those who are independent in managing their periods, as there is no sensation of a bulky pad, or of dampness, or of blood flow.

Some people may find learning about periods challenging because of their communication needs or interoceptive processing (being able to identify internal body signals)



Period pants can be an alternative that many people find useful. They are less bulky than pads, and feel like regular underwear. They are more secure as the pad can't fall out or be removed. They can be worn for longer than other sanitary protection. Additional protection can be added if required.

Period pants come in a number of colours and styles. Black ones can be useful for people who find the sight of blood distressing.

Some people have a hypersensitive sense of smell. They may feel self-conscious about the smell of blood. Or they may be hyporesponsive and not notice their body's odour. Supporting someone in a dignified way is essential.

Developing a structured routine during menstruation for personal care, pain management and exercise, and self-care can be helpful for some people.