
LUTEAL PHASE CHEATSHEET



The Luteal Phase is the Autumn of your cycle, as your energy starts off very high and then slowly begins to wane over the course of the phase, asking you to pay more attention to your inner world with each passing day. This phase also mimics the energy of the Wild Woman archetype, as well as the Waning Moon, getting smaller in the sky.

Luteal Phase Autumn/ Wild Woman/ Waning Moon

Day 18-28

In this phase you will experience your feel good hormones slowly start to wane, your energy becomes more inward facing, and you become super detail oriented.

▶ **Physically**

The body realizes the egg is unfertilized and the follicle is reabsorbed, progesterone production increases and then comes to a halt, testosterone, estrogen and serotonin decrease, your physical energy declines and your immune system takes a dip.

▶ **Emotionally**

At the first half of this phase you have energy for others, and in the second half your body begs for more self-care. You may have a desire to be close to home. Anxious, nervous, weepy or blue feelings are common. Self-doubt cranks up the volume, and you notice things you didn't before.

▶ **Food for Thought**

Eat plenty of greens and grains to balance that blood sugar and stave off cravings. Stick to high fiber grains like buckwheat and quinoa. Plus, add in lots of cooked greens like mustard greens, kale, spinach, and leeks. Plus, add in some chickpeas often!

▶ **At the Gym**

As your energy decreases, so does the intensity of your workouts. During the first half of this phase, keep up the strenuous exercise if you have the energy for it. As you start to slow down try Qoya, Pilates, Yoga, the Elliptical trainer or walking.



Top Tips & Tricks

- 01** Incorporate more self-care to stave off effects of lowered immunity and heightened self-criticism.
- 02** Go deep into your journal, without criticizing, honor your feelings and write them down.
- 03** Listen for insights – Meditate, pray, create an altar, or pull a few oracle cards.
- 04** Boost your Serotonin – Ask a friend for a long hug, or take a walk in nature. Dark chocolate or an orgasm work, too!
- 05** Plan for sex to take a bit longer – Orgasm can be more elusive this phase since you have less lubrication and less sensitivity in your clitoris.
- 06** Save the heavy conversations – Use this phase to feel into your feelings, but plan to share when you are less sensitive.
- 07** Process your feelings on paper – If there are any issues in your relationship, you'll feel them this phase. Instead of shout, write it out!
- 08** Take a Digital Detox – Social Media doesn't feel so good when you're in self-criticism mode.
- 09** Make space to release your emotions – Cry, hit a punching bag, take a nap and let go.
- 10** Spend some extra time alone – Send your partner golfing, book a massage while the kids are at practice, or go to bed early.

