

JAMIE KAGIANARIS PRESENTS



Reclaiming Menstruation as a Spiritual Practice

3 WAYS TO HAVE
your best period yet!

ABOUT ME



ALL ABOUT JAMIE

Jamie is a film-maker, advocate, and the creator of periodlove.com, an invitation for women to remember the magic and mystery of being divinely cyclical.

After nearly 20 years of pain, Jamie was diagnosed with stage IV endometriosis. She turned down the traditional drug therapies offered and instead dove into her own healing journey.

From attending womb shamanism school, to studying how to balance hormones naturally, from limiting harmful household chemicals, to discovering the ancient cycle secrets of our ancestors, Jamie's life and health were revolutionized by her findings. Now she's passionate about sharing with others.

Jamie is also currently directing a documentary film dedicated to amplifying the voices of the menstrual empowerment movement.





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"YOUR CYCLE IS YOUR GREATEST ALLY, NOT AN INCONVENIENCE."

3 WAYS TO HAVE *Your Best Period Yet!*

Your feel-good hormones, pain tolerance, and immunity all bottom out during the few days right before and during your period. This is why you may feel extra sensitive, may crave time alone, or may find it harder to feel positive.

Your body isn't punishing you, it's communicating with you. And during this phase of your cycle, it may be saying, "I need some extra attention."

Giving your body what it needs is the fastest way to decrease stress, and decreasing stress is the quickest way to decrease menstrual pain. (In fact, decreasing stress can reduce symptoms by up to 75%!)

Here are 3 ways to have your best period yet...

TIP *Number One* UP YOUR SELF CARE

Give your body what it's asking you for.

Tune in. What does your body need?
Especially ask on the days right before you bleed, and the first 2-3 days after it starts.

Take at least 30 minutes to yourself each day during this time, if you can. (It's okay if it's shorter - anything helps). Do something that feels restful to your body, and relaxing to your mind.

Taking time out can reduce stress on the body, elevate that dipping immunity, and boost serotonin (an important feel-good hormone).

Need some ideas on ways to nourish yourself? You could go to bed early instead of watching Netflix, order take instead of cook, try self-massage, take a hot bath or go for a walk in nature. As long as it feels replenishing to you, it counts!



TAKE IT *Further*

Find a quiet space, lie down, put my hands on my womb and melt into a powerful playlist. Silence your phone, tell the family you're busy, and let go into menstrual music magic...

Click the icon for my fav spotify link.



TIP *Number Two*

SOCIAL MEDIA FAST



Give yourself permission to be free from comparison for a few days.

Your energy is more internally focused during this phase, so taking a short break from the outside world of social media is an easy way to give your body the head space it needs. Plus, your self-critic is the loudest that it will be all month, so comparing your life to other people on Instagram is a sure fire way to feel *bleh*.

Instead, use the time you save by avoiding scrolling to do an activity that relaxes you.

TAKE IT *Further*

When your feel-good hormones are bottomed out, it's easy to feel short with others. If you're noticing that you have no patience for people, try a real-life social fast. Instead of causing an argument and unconsciously creating the space you crave, try doing it *consciously*.

Ask your partner for an evening alone, keep your phone on silent for the evening, or take a lunch break solo instead of with co-workers.



TIP *Number Three*

USE YOUR SYNCED BRAIN POWER

Solutions that are logically based and emotionally sustainable can come easily to you during your bleed time.

That's because during menstruation the right and left hemispheres of your brain fire on all cylinders. That means that the logical side of your brain, and the emotional side of your brain are both communicating equally. (This is the only time of the month where that happens).

Your energy is pulling your attention inward so that you can slow down and benefit from this incredible synced brain superpower! Whoa! Now is the BEST time of the month to come up with solutions to challenges and figure out next steps. This is one of the richest gifts of menstruation.

Rest. Relax. Receive. And get out that journal to see what answers come.

TAKE IT *Further*

Your body produces more melatonin during menstruation, which means you get more REM sleep. Write down your dreams to see if they have any subconscious messages for you.

- Keep a journal next to your bed for quick recall in the morning
- Write down your own interpretation of the dream and what it may mean for your life



MY NEXT PERIOD *Plan*

Bleeding now? Jump right in and get started on your cycle self-care, social media fast and journaling (bonus points for your body if you take it further!).

Period not happening for a bit? That's perfect, now you've got time to make a plan for the next time you're bleeding. Ideally, do each of the following for at least 3 days:

SELF-CARE PRACTICE

3 DAY DIGITAL DETOX

JOURNAL



TAKE IT FURTHER

30 MIN SPOTIFY PLAYLIST RELAXATION

MINI SOCIALIZATION FAST

DREAM JOURNALING



Finally it's happening-
Women are waking up to their real power.
The power that comes through our physical bodies.

-DR CHRISTIANE NORTHRUP