

# Self-managing period pain and symptoms



## Educate yourself

There are many reasons why you might be having painful periods. Visit our website for more information about your period and period pain



## Test Yourself

Take the **Period Impact and Pain Assessment (PIPPA)** at school or online. Please note that if you score a four or five on the assessment, you should make an appointment to see your doctor as well as trying the techniques below.



## Manage your pain and symptoms

### Pain

There are lots of things you can try to manage your pain.

These include both pharmacological options like painkillers, and non-pharmacological options, which don't involve medications, such as those listed on the next page.

### Mood

You might find your mood changes before or during your period. This is sometimes called pre-menstrual syndrome (PMS) or if severe, pre-menstrual dysphoric disorder (PMDD).

### Other

You may experience other problematic symptoms with your period including:

- bloating
- back pain
- headaches/migraines
- constipation or diarrhoea
- breast tenderness
- aching down your legs.

There are lots of things you can do to manage your period pain and symptoms. Try some of these ideas before you go to a doctor.

- heat (heat packs or hot baths)
- yoga and stretching
- exercise and movement
- deep breathing/meditation/relaxation
- massage
- acupuncture
- distractions such as music, reading or movies
- stress reduction/monitoring
- creative outlet such as writing, art or photography
- healthy eating
- adequate rest and good quality sleep
- taking Vitamin B6 and/or magnesium
- taking Vitex Agnus Castus, also known as Chasteberry or Chaste tree. This is available from health food shops and pharmacies.



### ✓ It worked

Your pain and symptoms are adequately managed. Continue your current actions to maintain this.

### ✗ It didn't work

Self-management has not provided enough improvement of your pain and symptoms. You should arrange an appointment with your GP to get more help. You can download a letter for your doctor on our website: [canberrahealthservices.act.gov.au/PIPPA](https://canberrahealthservices.act.gov.au/PIPPA)

#### Acknowledgement of Country



Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. We acknowledge and respect their continuing culture and contribution to the life of this city and region.



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