

Periods and Productivity

Contrary to popular belief, we don't have to fall victim to our periods. With a little awareness, we can actually reduce any 'negative' effects we may be experiencing and help productivity by working with our cycles and optimising our energy. Who would have thunk it?!



Menstruation (days 1-7)

Energy is typically lower during menstruation and you'll feel a bit reflective. It's a great time to tune into your gut reactions and evaluate. Here, you are able to access your analytical and intuitive reasoning, so use this superpower to dive into some reporting and reflection.



Follicular Phase (Day 8-13)

During this phase, your creative energy is burning up and you are ON FIRE! Are there problems that need fixing? You're a problem-solving machine. Have a new project you've been wanting to tackle? Nail that puppy! An event you've been wanting to attend? Work that room baby!



Ovulatory Phase (Day 14-21)

As your follicular phase winds down you're feeling very confident. If you have an idea that needs brainstorming, now's the time to collaborate with peeps and get their feedback. It's also a perfect time to negotiate.



Luteal Phase (Day 22-28)

Here your energy begins to decline as you move towards menstruation. It's the perfect time to work on executing all the plans and relationships you built during your follicular and ovulatory phase. Wrap up loose ends and work on administrative tasks like accounting or scheduling. Best week to organise stuff.

Throughout the four menstrual phases, our bodies experience energy shifts, mood changes, and even different levels of creativity and cognition. Understanding these changes allows you to be empowered and in charge, rather than a victim! Give it a crack!