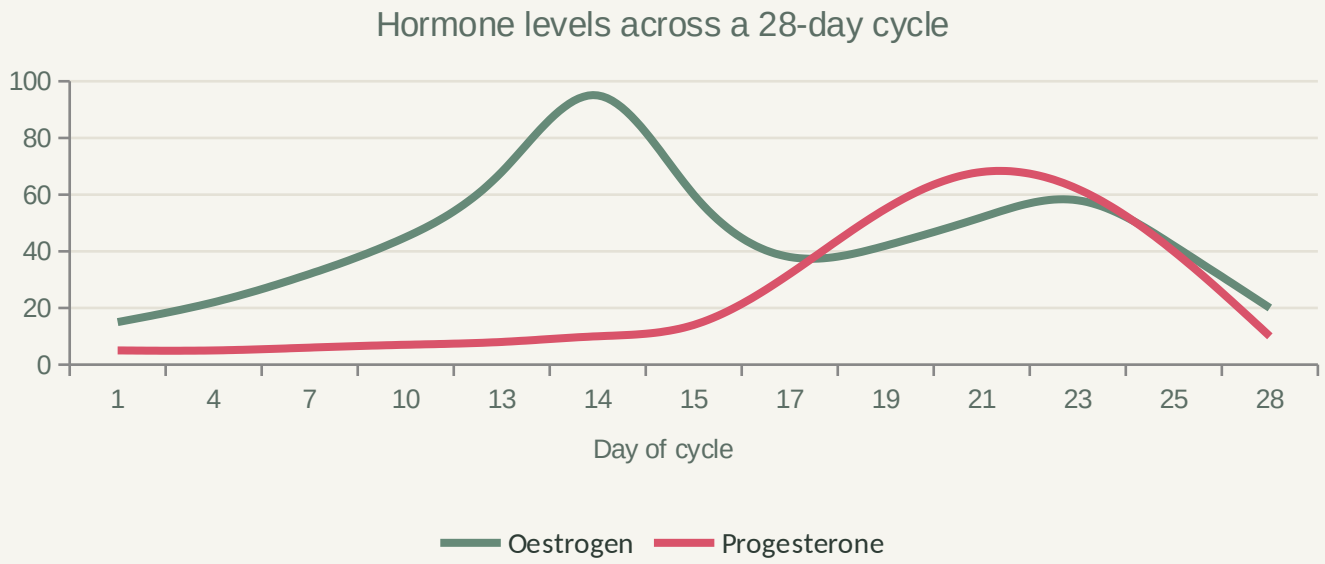
THE MENSTRUAL CYCLE

Simple cycle phases



Oestrogen

Supports focus, motivation and dopamine activity.

Progesterone

Has a calming effect - but for some, can feel sedating or flattening.

1 Menstrual

Days 1-5 (approx.)

Your period. Oestrogen and progesterone are at their lowest, so energy may dip.

2 Follicular

Days 6-13

Oestrogen rises. Many people feel more focused, energetic and sociable.

3 Ovulation

Around day 14

An egg is released. Oestrogen peaks, then drops sharply.

4 Luteal

Days 15-28

Progesterone rises, then both hormones fall before your period. PMS and PMDD symptoms show up here.