

GO WITH THE FLOW

Want off the hormone roller coaster? Learn what may be around the next curve to better prepare for the emotional ride.

BY AMY LEVINE, M.A.

ESTROGEN
PROGESTERONE



TIRED & WEEPY DAYS 1-7

During menstruation, estrogen and progesterone levels are low, and it's hard to muster get-up-and-go when hobbled by cramps, fatigue, diarrhea, constipation, or irritability. Some crave the comfort of familiar surroundings, others may feel uncoordinated. Don't fight it—it's a good time to cozy up and nurture yourself.

CONFIDENT DAYS 8-13

All riight. Estrogen increases, boosting positive energy and enthusiasm. It's the perfect time to help others, start a new project, get in an action-packed workout, satisfy your appetite for fantastic food, and be social.

SEXY

DAY 14 (ish)

Game on: You're at your creative peak—literally—as ovulation nears and sex drive soars. Take advantage of this well-lubricated, feel-good time.

INTUITIVE & IMPULSIVE

DAYS 15-21

After ovulation, your estrogen level drops while progesterone climbs, fading out energy and libido. Some women do best on autopilot, operating without much thought. Let intuition take over, allow yourself to be vulnerable, and contemplate. Research links impulse shopping to this phase; delete those flash sales from your inbox!

ANXIOUS & SENSITIVE

DAYS 22-28

Here we go again—shifting hormones bring full-on PMS or an array of symptoms including bloating, breast tenderness, breakouts, achiness, mood swings, restless nights, and fierce food cravings. Many report feeling anxious about otherwise trivial concerns. Cramping may kick in right before your period begins.