


# Tracking with my monthly rhythmic cycle

## MY WOMB (Playlist)

Hey there, DJ of your own cycle! It's time to drop some beats and take charge of your 4-part self-care + soul care routine. This worksheet SOULution is your ultimate mixtape for aligning your compassionate practices with the phases of your (womb) menstrual cycle. Complete each section according to where you are in your cycle, starting with your period since it's the easiest to track. Let your creativity flow as you color in your Peace Player. The more you use this worksheet, the more in tune you'll be with your body's natural rhythms. So, plug in your headphones and let's get this party started!

**Begin + prepare projects/ideas:**  
**FOLLICULAR RISING** helps you put those new cycle intentions into place that you set. Your energy is peaking.



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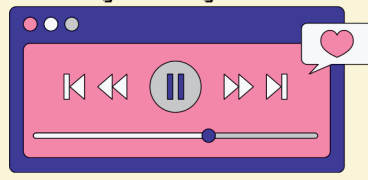
During the follicular phase, it's like your music player has been cleared out and you're ready to discover new tunes! Explore new ideas, books, or podcasts. Just like a DJ scouting out new tracks, this is the perfect time to expand your horizons and fuel your creativity. As you color in your player, pay attention to how you're feeling.

**follicular: intro of your cycle**




Happiness, Creativity, Confidence, Estrogen volume rising

**ovulation: chorus of your cycle**



Curiosity, Focus, Fun, Upbeat of luteinizing hormone (LH)


**Celebrate + amplify your energy:**  
**OVULATORY CREATIVITY** helps you make the most of this creative time by connecting with your body, brain, and entire being.



DATE \_\_\_\_\_

Get ready to turn up the volume. Your verbal + social centers are hormonally supercharged during this phase, so each day focus on connecting, whether it's chatting with friends, volunteering, or playing games with the fam. As you color in your player, pay attention to how you're feeling.

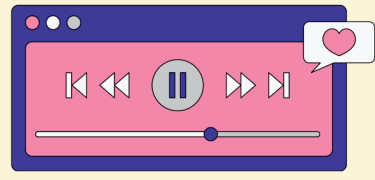
**Complete: LUTEAL INCUBATION** helps you go inward. The truth speaking, luteal phase isn't so highly praised. But this is a time when your true feelings may surface so pay attention to your overnight dreams.



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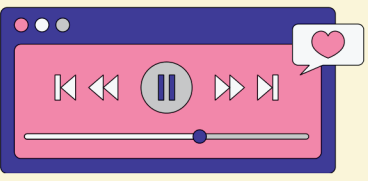
Start to slow down. It's an amazing time for organizing projects + planning. We naturally become more sensitive and have a heightened awareness the closer we get to a new cycle due to progesterone amping up. Imagine progesterone as your own personal DJ, who knows how to bring the music to a mellow, chill vibe—helping you find your inner peace + tranquility. As you color in your player, pay attention to how you're feeling.

**luteal: outro of your cycle**




Rising progesterone levels can lead to introspection + irritability, enhanced empathy, and contribute to a sense of organization + preparedness.

**menstrual: reset + buffering of your cycle**



Renewal, Tired, Rest, Inward, Melancholy

**Set Intentions: MENSTRUAL RELEASE** - let go of anything that you no longer need to hold physically, emotionally, or energetically.



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Switch up your playlist and drop some new slow, soothing beats. Reflect on the areas of your life that need a refresh and start mixing things up. Write it all down in your journal (aka your personal mixing board). Let go of the old tunes that aren't serving you and hit play on the new ones. Remember, a DJ's job is to keep the energy flowing in the proper direction, so don't be afraid to do less, let go and let the rhythm of peace move through you.

**Pay attention to the signs + signals your body is giving you and use them to inform your choices.**



Whether it's slowing down during the menstrual phase or tapping into your creativity during the follicular phase, embrace the rhythm + flow of your YOUunique cycle. Remember, your body is the ultimate VIP at this party, so give her the care and attention she deserves.

Follicular (intro): BEGIN + PREPARE 🎵 Ovulatory: (chorus) CREATIVE + FOCUSED 🎵 Luteal: (outro) COMPLETE + INWARD 🎵 Menstrual: (buffering) REST + RELEASE 🎵

Embrace your inner DJ and the music player that is your body and jayum out to the rhythm of your YOU-nique cycle!

I'm the DJ of my cycle

## four rhythms of soul care + self-tending



### My playlist

Welcome to, I'm the "DJ of my cycle." I wanna introduce you to your Peace Player.

Let's talk about your bodies and how they change or transition over time. You see, your body is like a personalized music journey tailored just for you! Like a music player with different tracks, the phases of your menstrual cycle represent different songs or genres.

Didya know your body experiences a 4-part self-care cycle: Follicular, Ovulation, Luteal, and Menstrual? It was long believed that your period (menstrual phase) was the first phase, but medical studies suggest that the menstrual phase is indeed the \*last phase of your four-part harmony, self-care cycle.

The Peace Player is also like your own personal DJ, mixing n' matching the beats of your menstrual cycle to create a unique and customized self-care experience. Just like a skilled DJ blends different songs to create a seamless set, your Peace Player will help you navigate the twists and turns of your menstrual cycle with ease and grace.

With the Peace Player by your side, you'll be able to harmonize your journey and create a beautiful symphony of soul care. Soul care includes self-care, but it also goes beyond the physical and is about taking care of your whole self - it's not just about what you do on the outside, but also what you do on the inside.

Let's play with the Peace Player and color it in to engage your creativity and relax. At first, you'll want to sit with a trusted adult: parent, guardian, teacher, or counselor to jayum to this experiment. It's a great idea to share this with your loved ones and trust-worthy friends who can support you.

Remember, you're not to go at this alone, you are worthy of and need a support team of family, teachers, friends, doctors, and resources.

Don't be alarmed during the first year of your period, it will likely be inconsistent, but keep tracking to notice a pattern.

**Disclaimer:** The information provided is for educational and informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider.

Even though your period is the last phase of your menstrual cycle, we'll start by talking about it because it's the most noticeable.

Think of it like this: The DJ has to clear the dance floor before starting a new song, and your uterus has to clear out the old lining before starting a new cycle. This process is called menstruation, and it's when your body sheds the lining of the uterus, which is why you bleed. It's kind of like clearing the stage for the next performance.

Just like a DJ packs up and cleans after a music set, your body is cleaning up and resetting itself to prepare for the next cycle. So, while menstruation may not be the most fun part of the menstrual cycle, it's an important step that helps keep your body healthy and ready to transition to the next phase—the luteal phase.

By starting this playlist conversation with the rhythms of your menstruation, you can understand and accept the intelligence, beauty, and significance of your menstrual health and the different phases.

As you start your period, the last phase of your cycle, it's like hitting the reset button on your music player. This is when you might feel a little tired or moving slower, just like when you have to wait for your player to buffer before the music starts.

Next comes the follicular phase, which is like the intro buildup to the main event. It's like when your music player is loading up the next song, and you're getting excited for what's to come.

The ovulatory phase is like the chorus of a song - it's when you're feeling energetic and confident, just like when your favorite song kicks into high gear.

The luteal phase is like the outro - it's when you might feel a little more emotionally tender or sensitive, just like when a song starts to wind down.

Remember, every **BODY** is different, and your menstrual cycle might not follow this exact pattern. That's why it's important to pay attention to your own body and how you transition over time.



#### **Follicular Phase (Days 1-13 approximately)**

Think of the follicular phase as the DJ setting up their equipment and getting ready for the big show. They're checking all the wires, adjusting the speakers, and making sure everything is in place. Similarly, during the follicular phase, the body is preparing for a potential pregnancy by growing follicles in the ovaries and increasing estrogen levels. It's like the DJ testing the sound system and making sure all the levels are just right.

#### **Ovulatory Phase (Day 14 approximately)**

The ovulatory phase is the moment when the DJ drops the first beat and the crowd goes wild! Just like the DJ releases the first track, the ovary releases an egg, ready to be fertilized. It's a brief but crucial moment in the cycle.

#### **Early Luteal Phase (Days 15-22 approximately)**

The early luteal phase is when the DJ starts to build the energy of the set, adding in new tracks and building up the momentum. Similarly, the corpus luteum in the ovary starts to produce progesterone, which prepares the uterus for a potential pregnancy. It's like the DJ adding in some bass and building up the rhythm.

#### **Late Luteal Phase (Days 22-28 approximately)**

The late luteal phase is when the DJ starts to wind down the set, bringing the energy back down and preparing for the end of the night. If pregnancy doesn't occur, the corpus luteum starts to shrink, and progesterone levels drop, leading to the shedding of the uterine lining and the start of menstruation. The DJ is fading out the last track, and the crowd is getting ready to head home.

Just know, your menstrual cycle is like a DJ set, with each phase representing a different stage of musical genius. The body is constantly adjusting and preparing for the next phase, just like a DJ adjusts their set based on the crowd's energy. And just like every DJ set is unique, every menstrual cycle is unique to the individual.

