

LUTEAL PHASE TOOLKIT

The luteal phase doesn't have to feel like a mountain to climb. With the right tools and mindset, you can manage your symptoms and find balance during this time.

This toolkit is designed to offer you practical, accessible tips that you can implement today.

Fuel your body right



What you eat can either soothe or worsen your symptoms.

During the luteal phase, focus on foods that support hormone balance.

Complex carbs like sweet potatoes, quinoa, and oats can **help with mood regulation**.

Magnesium-rich foods like dark leafy greens, almonds, and bananas **help with anxiety and muscle tension**.

Hydration is key. Dehydration can increase fatigue and irritability. Keep a water bottle close and **aim for at least 2 litres a day**.

While it's tempting to reach out for quick fixes, there are some things you might want to avoid:

Caffeine can spike anxiety and disrupt sleep, so try swapping your afternoon coffee for herbal teas.

Sugary snacks may give you a quick energy boost but lead to a crash later, **intensifying mood swings**.

Alcohol can increase emotional sensitivity, worsen sleep quality, and trigger "hangxiety". Opt for non-alcoholic alternatives when possible.

Move with compassion



Physical activity might feel like the last thing you want to do, but gentle movement can make a huge difference. **Exercise increases endorphins**, the "feel-good" chemicals in your brain, which can help ease mood swings.

Try stretching, walking, or yoga. Even 10 minutes can work wonders.

Listen to your body. Some days, rest is just as important as movement.

Other feel-good hormone sources include: **Serotonin from sunlight** or **Oxytocin from petting an animal**.

Prioritise rest & recovery

During the luteal phase, your body needs extra care. **Quality sleep is essential**, and if you're struggling with insomnia or disrupted rest:

Create a calm bedtime routine:

Dim the lights, unplug from screens, and maybe try a warm bath or light reading before bed.

Practice mindfulness or meditation to help calm racing thoughts. Apps like Calm or Headspace have quick and easy guides to get you started.



Practice mindful self-compassion

The emotional toll of the luteal phase can be heavy. **When intrusive thoughts or irritability hit, be gentle with yourself.**

Use affirmations like, "I am doing my best, and that's enough", or "This feeling is temporary".

Journaling can be a great outlet.

Write down what you're feeling, without judgement. Sometimes just putting it on paper can help you find clarity.



Prepare a luteal phase box

Fill a box with things that may help.

Such as affirmations, self-care products, bath salts, a stress ball, noise-cancelling headphones, etc.



Manage stress with tools that work for you



Stress during the luteal phase can amplify your symptoms. **Try these stress-busting techniques:**

Deep breathing exercises:

Take 5 minutes to breathe in for 4 counts, hold for 4, and exhale for 4.

Use a diffuser with calming essential oils like lavender or chamomile.

Engage in creative outlets:

Painting, knitting, or even colouring can be incredibly soothing.

Reach out for support

You don't have to do this alone.

Share your experience with a loved one, PMDD community, or therapist.

Having someone to talk to can help lighten the load.