

# Physical, Psychological & Behavioural Symptoms that may occur during the Menstrual Cycle



## Physical Symptoms

Cramps/pain	Sleep disturbance
Bloating	Poor temperature regulation
Sick/nauseous	Tiredness
Low energy/lethargic	Change in breast size
Uncoordinated	Ill/cold symptoms
Bad skin	Headache
Fainting	Dizziness
Lower back pain	Gastrointestinal disturbance
Weight gain	

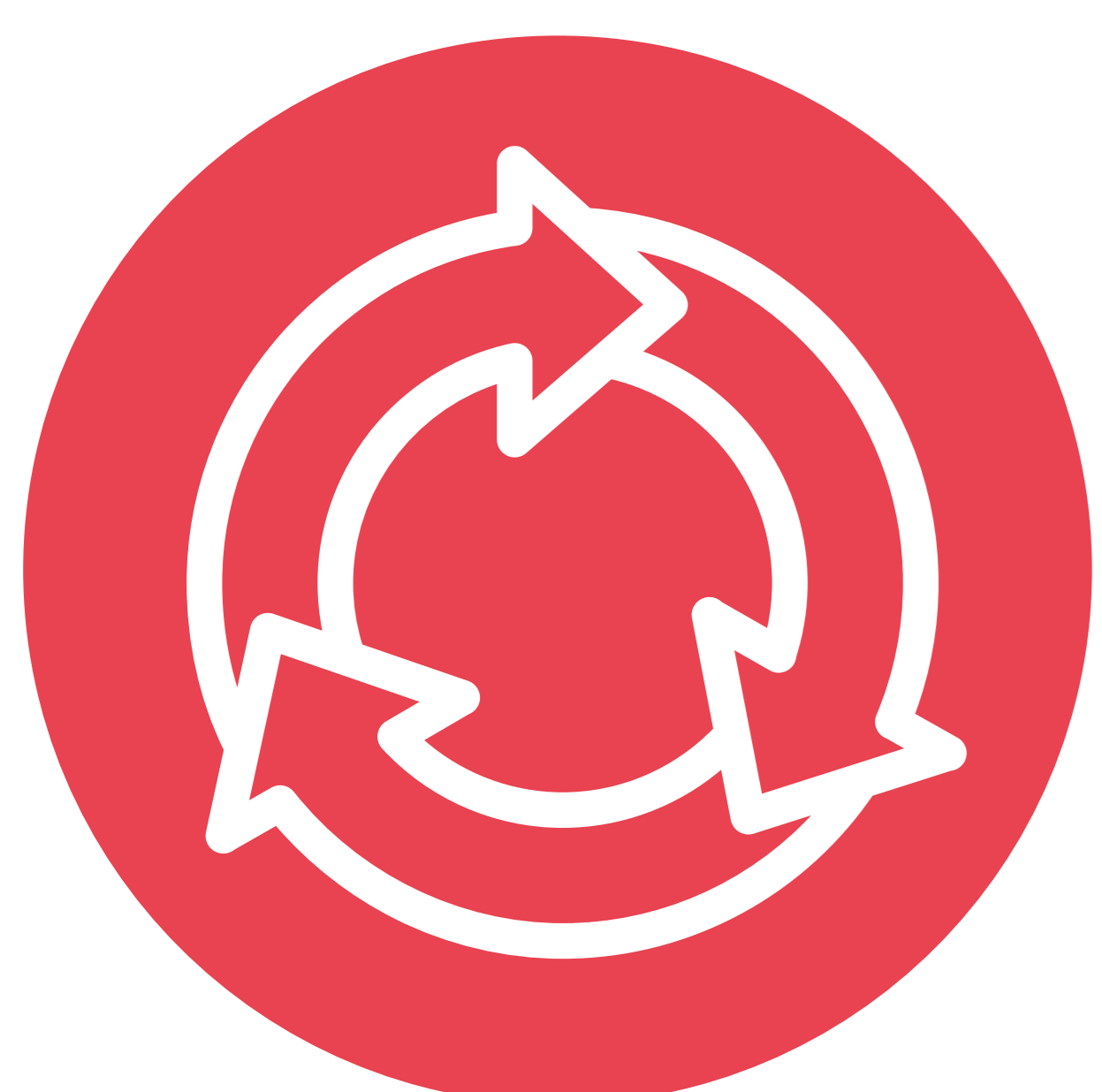


## Psychological & Behavioural Symptoms

Increased worry	Moody
Unusually stressed	Agitated/irrational
Easily frustrated	Reduced confidence
Reduced motivation to train	Depressed
Disengaged	Increased emotion

Adapted from Brown, N., Knight, C.J. & Forrest, L.J. (2020). Elite female athletes

# Physiological Processes and Symptoms Influenced by the Menstrual Cycle



## Menstrual cycle Cyclical changes in ovarian hormones

Nutritional strategies	Ventilatory responses
Substrate metabolism	Bone health
Reproduction	Nervous system
Ligaments	Joint stability
Stress reactivity	Physical activity
Muscle function	

Adapted from Elliot-Sale (2021)