

THE TRIPLE RELIEF RHYTHM™



GRACE SUNDAY

THE TRIPLE *Relief* RHYTHM™



PREPARE
Before
Your Period



SOOTHE
During
Your Period



RESTORE
After
Your Period

A Simple 3-Step System to
Reduce Menstrual Pain Naturally,
Balance Your Hormones, and
Feel Like Yourself Every Month

- ✓ Practical Monthly Plan
- ✓ Lifestyle & Nutrition Tips
- ✓ Stress & Pain Management
- ✓ Cycle Tracking Tools
- ✓ Works for Busy Women

YOUR
MONTHLY
WELLNESS
MADE
SIMPLE

GRACE SUNDAY
— Women's Wellness Educator —

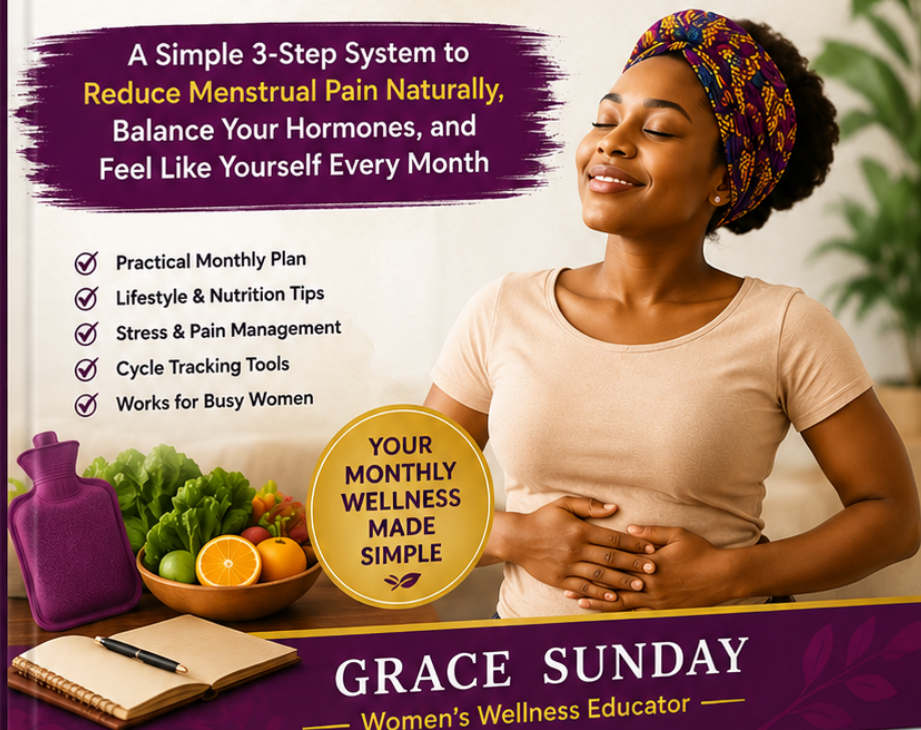


Table of Contents

Introduction: Why Your Period Doesn't Have to Control Your Life

Chapter 1: Why Every Month Feels Like a Battle

Chapter 2: The Biggest Mistake: Waiting Until the Pain Starts

Chapter 3: Rhythm One: Prepare Before Your Period Arrives

Chapter 4: Rhythm Two: Soothe Your Body During Your Period

Chapter 5: Rhythm Three: Restore So Next Month Gets Better

Chapter 6: Everyday Habits That May Be Making Your Cramps Worse

Chapter 7: Your 30-Day Triple Relief Rhythm™ Action Plan

Conclusion: Your Next Cycle Can Be Different

Bonus Resources

- 30-Day Habit Tracker
- Menstrual Symptom Diary
- Cycle Calendar Template
- Grocery Checklist
- Hydration Tracker
- Self-Care Planner
- Frequently Asked Questions
- Medical Disclaimer
- About the Author

Introduction:

Why Your Period Doesn't Have to Control Your Life

Welcome.

Before we begin, I want you to know that I'm truly glad you're here.

If you've picked up this guide, chances are your monthly period isn't just another date on the calendar. Instead, it's something you dread.

Maybe you start counting the days, wondering if this month will be as painful as the last.

Maybe you've had to miss work, cancel outings, or lie in bed because the cramps were simply too much.

Maybe you've smiled through the pain because everyone around you said, *"It's normal. Every woman goes through it."*

I know how discouraging that can feel.

For many women, painful periods become something they simply learn to endure. They keep a pack of painkillers in their handbag, try every home remedy someone recommends, and hope each month will somehow be different.

But hope without a plan often leaves us stuck in the same cycle.

That's why I wrote this guide.

Not to promise miracles.

Not to tell you that every cramp will disappear overnight.

But to show you that there are practical, healthy habits that can help you support your body before, during, and after your period.

Sometimes, it's not about doing one big thing.

It's about doing the right small things consistently.

That's where **The Triple Relief Rhythm™** comes in.

Why Most Women Stay Stuck

One of the biggest misconceptions about menstrual pain is that the only time you need to think about it is when it starts.

So many women wait until the cramps arrive before taking action.

By then, they're already trying to catch up.

They reach for painkillers.

They search the internet for quick fixes.

They cancel plans.

They suffer through another month.

Then the cycle repeats itself.

What if there was a better way?

What if you could start supporting your body *before* your period arrived instead of waiting until the pain had already taken over?

That's the idea behind this guide.

Introducing The Triple Relief Rhythm™

The Triple Relief Rhythm™ is a simple three-part framework designed to help you build healthier monthly habits.

Instead of focusing only on the days you're in pain, it encourages you to care for your body throughout your entire cycle.

The three rhythms are:

Prepare

Support your body before your period begins through healthy habits like proper hydration, balanced nutrition, quality sleep, gentle movement, and stress management.

Soothe

Once your period starts, use practical comfort strategies to help you care for yourself with confidence instead of panic.

Restore

After your period ends, help your body recover, reflect on what worked, and prepare for your next cycle.

It's not a complicated system.

It's simply a rhythm you can repeat every month.

What This Guide Is—and What It Isn't

I believe in being honest.

This guide is **not** a cure for menstrual pain.

It does **not** replace medical advice or treatment.

Some women experience painful periods because of medical conditions such as endometriosis, fibroids, or other health concerns that require professional care.

If you have severe, worsening, or unusual symptoms, please speak with a qualified healthcare provider.

What this guide **does** offer is a practical roadmap for building everyday habits that may support a more comfortable menstrual cycle and help you feel more prepared month after month.

How to Get the Best Results

As you read this guide, I encourage you to keep an open mind.

Don't try to change everything at once.

Instead:

- Focus on one habit at a time.
- Track your progress each month.
- Be patient with yourself.
- Celebrate small improvements.
- Stay consistent, even when life gets busy.

Remember, lasting change rarely happens overnight.

It happens through small, intentional choices repeated over time.

A Personal Promise

As you turn these pages, think of me as a wise older sister sitting beside you.

I'm not here to judge you.

I'm not here to overwhelm you with complicated medical language.

I'm simply here to guide you, encourage you, and remind you that your body deserves kindness, patience, and care.

My hope is that by the time you finish this guide, you'll stop approaching your period with fear and start approaching it with confidence.

Because your period is a natural part of your life—but it doesn't have to control your life.

Let's begin this journey together, one rhythm at a time.

Chapter 1

Why Every Month Feels Like a Battle

If you're reading this, there's a good chance your period has become something you fear instead of something you simply expect.

I know that feeling.

You check your calendar and realize it's almost "that time." Instead of planning your week, you're already wondering if you'll have to miss work, cancel plans, or spend the first two days curled up in bed with a hot water bottle.

It shouldn't feel that way.

For years, I believed painful periods were just part of being a woman. My mother said it. My aunties said it. Friends said, "Just take painkillers and manage it."

So I did.

Every month.

Until I realized something important.

Managing pain isn't the same as preparing for it.

That single lesson changed the way I looked at my menstrual cycle forever.

We Need to Talk About What Nobody Talks About

Let's be honest.

Many women have become so used to menstrual pain that they don't even question it anymore.

You hear things like:

- "That's just how women suffer."
- "You'll be fine after the second day."
- "Take two tablets and sleep."

Sound familiar?

The problem is that these statements teach us to endure instead of understand.

Now, that doesn't mean every painful period has a simple solution.

Menstrual pain can have many causes, and for some women, it may be linked to medical conditions that require proper evaluation by a healthcare professional.

But for many women, everyday habits like sleep, stress, hydration, physical activity, and nutrition can influence how their body experiences each cycle.

That's exactly what this guide is about.

Not magic.

Not miracle cures.

Just practical ways to support your body better.

People often think menstrual pain only lasts a day or two.

That's not true.

The pain follows you everywhere.

At work, you're trying to smile through meetings while secretly counting the minutes until you can sit down.

At church or any occasion, you're praying nobody asks why you look uncomfortable.

At home, even making a simple meal feels like climbing a mountain.

And then there's the emotional side.

You become frustrated because your body seems to have its own schedule.

You feel guilty for cancelling plans.

You wonder why other women seem perfectly fine while you're struggling every single month.

Those feelings are real.

You're not weak.

You're simply tired of fighting the same battle over and over.

Painkillers Aren't the Whole Story

Most of us have one routine.

Pain starts.

Reach for tablets.

Wait.

Hope they work.

Sometimes they do.

Sometimes they don't.

Even when they help, the next month arrives and you're right back where you started.

That's because painkillers are designed to help manage symptoms. They don't teach you how to prepare your body before your period arrives.

Think of it this way.

Imagine it starts raining heavily.

Would you rather carry an umbrella before leaving home, or wait until you're completely soaked before looking for one?

That's how many women treat their menstrual cycle.

They only act after the pain has already taken over.

Your Body Gives You Clues

Here's something I wish someone had told me years ago.

Your period doesn't simply appear overnight.

Your body has been preparing for it for days.

Sometimes even a week.

Maybe you notice you're more tired.

Maybe you crave sugary foods.

Maybe your mood changes.

Maybe your lower back starts aching.

These aren't random events.

They're your body's way of saying,

"Something is changing."

Instead of ignoring those signs, what if you started working with them?

That's exactly what we're going to learn.

You're Not Competing With Anyone

One mistake I see women make all the time is comparing themselves with friends.

"My sister barely has cramps."

"My colleague still goes to the gym."

"My cousin says she never even notices her period."

Good for them.

But your body isn't their body.

Every woman has a different cycle, different hormones, different stress levels, different sleep habits, and different medical history.

The goal isn't to have someone else's body.

The goal is to understand yours.

When you stop comparing and start paying attention to your own patterns, everything begins to make more sense.

A Small Change Can Make a Big Difference

You don't have to change your entire life overnight.

In fact, please don't.

Small changes done consistently usually last much longer than dramatic changes you abandon after a week.

Drinking more water.

Sleeping thirty minutes earlier.

Taking a short walk.

Planning your meals.

Managing stress.

Individually, they seem small.

Together, they can become powerful habits that support your overall menstrual health over time.

That's exactly how The Triple Relief Rhythm works.

Not through one big miracle.

Through small actions that build on one another every month.

Before You Turn the Page...

If there's one thing I want you to remember from this chapter, it's this:

Pain may happen during your period, but preparation begins long before your period does.

That idea is the foundation of everything you're about to learn.

In the next chapter, I'll show you the biggest mistake most women make every month—waiting until the cramps have already started before doing anything. Once you understand why that happens, the entire Triple Relief Rhythm will finally make sense.

Chapter 2

The Biggest Mistake: Waiting Until the Pain Starts

Now that you understand your period doesn't begin the day you start bleeding, let's talk about the mistake that keeps so many women trapped in the same painful cycle.

For years, I made it too.

I would go about my normal routine until the cramps arrived. Then I'd start looking for painkillers, a hot water bottle, or anything that promised relief.

By then, I was already trying to catch up.

That's like waiting until your roof is leaking before buying roofing sheets. You're dealing with damage instead of preventing it.

The truth is, your body has been preparing for your period days before you ever notice blood. And if you only react after the pain begins, you've already missed an important window to support your body.

Your Period Starts Before You Think It Does

This surprised me when I first learned it.

Most women think Day One is when bleeding begins.

Not exactly.

Bleeding is simply the most obvious part of your cycle. Long before that day, your body is already going through natural hormonal changes. These changes can affect your muscles, sleep, appetite, mood, digestion, and even how sensitive you are to pain.

That's why you might notice things like:

- Feeling more tired than usual
- Craving chocolate or sugary snacks
- Lower back discomfort
- Mood swings
- Breast tenderness
- Bloating
- Headaches

These aren't random. They're your body's early signals that your next period is approaching.

The problem is that most of us ignore those signs until the cramps arrive.

Why Waiting Makes Everything Harder

Imagine you're about to travel from Lagos to Abuja.

Would you wait until you're already on the highway before checking your fuel, tyre pressure, or engine?

Of course not.

Preparation happens before the journey starts.

Your menstrual cycle works the same way.

When your body is already tired, dehydrated, stressed, sleeping poorly, and surviving on junk food, your period isn't arriving in the best environment.

That doesn't mean these habits are the sole cause of painful periods.

Menstrual pain can have many different causes. But these everyday factors can influence how your body feels and functions throughout your cycle.

Supporting those habits early may help some women experience a more comfortable period.

The Three Traps Most Women Fall Into

Trap 1: Depending Only on Painkillers

Painkillers can be helpful for many women when used appropriately. But they're only one part of the picture.

Many women don't change anything else.

Same eating habits.

Same lack of sleep.

Same stress.

Same dehydration.

Then they're surprised when next month looks exactly like this month.

Trap 2: Treating Every Month Like a Surprise

You've probably said something like,

"Ah! My period came today."

Even though your last one came almost exactly a month ago.

Without tracking your cycle, it's easy to miss the signs your body gives you every month.

A simple calendar or period-tracking app can help you notice patterns, making it easier to prepare instead of react.

Trap 3: Believing Pain Is Something You Just Have to Endure

This one breaks my heart.

I've met women who believe severe pain is simply the price of being female.

While mild cramping is common, pain that is severe, suddenly worsening, or keeps you from school, work, or normal activities deserves medical attention. Conditions such as endometriosis or fibroids are examples of issues that should be assessed by a qualified healthcare professional.

This guide is not a replacement for medical care.

Instead, it's here to help you build healthy habits that may support your body alongside appropriate medical advice when needed.

Introducing The Triple Relief Rhythm™

Everything changes when you stop asking,

"How do I survive my cramps?"

and start asking,

"How do I prepare my body every month?"

That's the idea behind The Triple Relief Rhythm™.

It's not a miracle.

It's not a secret herb.

It's not another expensive supplement.

It's simply a better rhythm.

Rhythm One: Prepare

This starts several days before your expected period.

Here you'll focus on:

- Sleep
- Hydration
- Gentle movement
- Balanced meals
- Stress management
- Tracking your body's signals

Preparation creates a stronger foundation before your period begins.

Rhythm Two: Soothe

Once your period starts, your goal changes.

Instead of panicking, you'll already have a plan.

You'll learn practical comfort strategies that can help support you through difficult days while continuing the healthy habits you've already started.

No guessing.

No scrambling.

Just follow your routine.

Rhythm Three: Restore

Most women stop thinking about their period the moment the bleeding ends.

That's another missed opportunity.

The days after your period are when your body begins preparing for the next cycle.

This is your chance to replenish your energy, reflect on what worked, and make small improvements before the next month arrives.

That's why this isn't a "period plan."

It's a monthly rhythm.

Progress Beats Perfection!!!

Please don't expect your next period to become completely pain-free overnight.

That's not how healthy habits usually work.

Real change often happens little by little.

Maybe this month you notice your cramps don't last as long.

Maybe next month you don't feel quite as exhausted.

Maybe the month after that you're able to go to work without spending the morning curled up in bed.

Those small improvements matter.

They add up.

And over time, they can completely change how you experience your cycle.

Your First Assignment

Before you read another chapter, do these three simple things today.

1. Write down the first day of your last period.

If you don't remember, that's okay.

Start tracking from your next one.

2. Rate your last period.

Give it a score from 1 to 10.

Think about:

- Pain
- Energy
- Mood
- Sleep
- Ability to work or study

This gives you a starting point so you can measure progress over the next few months.

3. Make one promise to yourself.

Finish this sentence:

"Next month, I will prepare before my pain arrives by..."

Keep it simple.

Maybe it's drinking more water.

Maybe it's sleeping earlier.

Maybe it's tracking your cycle.

Choose one habit.

Master that first.

Then build from there.

If you remember nothing else from this chapter, remember this:

The best time to support your body isn't when the cramps have already taken over—it's in the days leading up to your period. Preparation is the first rhythm, and it's where lasting change begins.

Now that you understand *why* preparation matters, it's time to learn *how* to do it. In the next chapter, we'll build Rhythm One: Prepare—a simple step-by-step routine you can start several days before your period to help your body feel more supported when menstruation begins.

Chapter 3

Rhythm One — Prepare Before Your Period Arrives

Now you know the biggest mistake most women make—they wait until the cramps have already started before paying attention to their body.

This is where everything begins to change.

Today, I'm going to show you the first part of The Triple Relief Rhythm™, and in my opinion, it's the most important one.

Why?

Because you can't always control what happens during your period, but you *can* influence how you prepare for it.

Think of it like preparing your home before the rainy season. You don't wait for the flood before clearing your gutters. You do the work ahead of time because prevention is always easier than repair.

That's exactly what Rhythm One is all about.

Meet Your "Comfort Window"

Most women have a small window before their period begins.

I call it your Comfort Window.

It's usually 3 to 5 days before your expected period, although it varies from woman to woman.

During this time, your body is already changing, even if you feel completely normal.

This is when small habits can make the biggest difference.

Instead of waiting for pain to tell you what to do, you start supporting your body before discomfort arrives.

Step 1: Start Drinking Water Like It Actually Matters

I know.

Everyone tells you to drink more water.

But stay with me.

Many women drink less water than they realize, especially when they're busy at work, running errands, or taking care of children.

Being well hydrated supports your body's normal functions and may help some women feel more comfortable during their menstrual cycle.

Try this:

- Carry a reusable water bottle.
- Drink a glass of water when you wake up.
- Drink another before each meal.
- Keep sipping throughout the day instead of waiting until you're thirsty.

You don't have to force yourself to drink litres all at once.

Consistency wins.

Step 2: Don't Skip Meals

This used to be my biggest mistake.

I'd be so busy that breakfast became a cup of tea.

Lunch became a meat pie.

Then I'd wonder why I felt weak and irritable by evening.

Your body needs regular nourishment every day, not just during your period.

Aim for meals that include:

- Vegetables
- Fruits
- Whole grains
- Beans
- Eggs
- Fish
- Lean meat
- Nuts and seeds

If your healthcare provider has told you that you're low in iron or another nutrient, follow their advice about food or supplements.

Don't self-prescribe supplements without professional guidance.

Step 3: Move Your Body Gently

Notice I didn't say,

"Spend two hours in the gym."

That's not the goal.

Gentle movement helps keep your body active and can reduce stress.

Some easy ideas include:

- A 20–30 minute walk
- Gentle stretching
- Yoga
- Light dancing at home
- Easy cycling

The key word is gentle.

You're preparing your body—not punishing it.

Step 4: Respect Your Sleep

Here's something I wish I'd learned sooner.

When life gets busy, sleep is usually the first thing we sacrifice.

We stay up scrolling.

Watching one more episode.

Replying to messages.

Before we know it, it's after midnight.

Poor sleep can affect how you feel physically and emotionally throughout your cycle.

During your Comfort Window, try to:

- Go to bed around the same time each night.
- Reduce screen time before sleeping.
- Keep your bedroom cool and quiet.
- Aim for enough sleep so you can
- wake up feeling rested.

Your body repairs itself while you sleep.

Give it that chance.

Step 5: Turn Down the Stress

Stress doesn't disappear just because your period is coming.

But we can manage it better.

When you're constantly tense, your body notices.

That's why your Comfort Window should also become your Calm Window.

Try one simple habit each day:

- Five minutes of deep breathing.
- Quiet prayer or meditation.
- Listening to calming music.
- Reading a book.
- Sitting outside for fresh air.
- Talking to someone you trust.

It doesn't have to be complicated.

Peace is productive too.

Build Your Personal Preparation Checklist

Here's a simple checklist you can use every month.

Triple Relief Rhythm™ Preparation Checklist

- ☐ I know when my next period is likely to start.
- ☐ I've been drinking enough water.
- ☐ I've eaten balanced meals most days.
- ☐ I've moved my body at least 20 minutes today.
- ☐ I've slept well this week.
- ☐ I've taken time to relax.

☐ I've prepared anything I may need for my period.

Print this checklist or write it in your journal.

The goal isn't perfection.

The goal is awareness.

Listen to Your Body's Signals

No two women experience the exact same cycle.

Maybe your first sign is bloating.

Maybe it's back pain.

Maybe you suddenly crave chocolate.

Maybe you become unusually emotional.

Start paying attention.

Write down what happens each month.

After two or three cycles, you may begin to notice patterns.

Those patterns become your roadmap.

And when you know your roadmap, you're no longer caught by surprise.

A Story I'll Never Forget

One reader told me she always thought her period came "out of nowhere."

After tracking her cycle for three months, she realized something surprising.

Every single month, she became unusually sleepy four days before her period.

That was her body's signal.

Once she recognized it, she started preparing earlier instead of waiting for cramps to remind her.

She didn't become perfect overnight.

But she stopped feeling blindsided every month.

Sometimes the biggest breakthrough isn't discovering something new.

It's finally noticing what your body has been trying to tell you all along.

Your 5-Day Comfort Window Plan

When you're about five days away from your expected period:

Day 5

- Drink enough water.
- Go for a short walk.
- Track how you feel.

Day 4

- Eat balanced meals.
- Reduce sugary snacks if possible.
- Get to bed a little earlier.

Day 3

- Stretch for 10–15 minutes.
- Continue staying hydrated.
- Prepare sanitary products and comfortable clothing.

Day 2

- Keep stress as low as possible.
- Continue your healthy routine.
- Review your checklist.

Day 1

- Don't panic if your period starts.
- You've already prepared.
- Now it's time to move into the second rhythm.

If you remember only one thing from this chapter, let it be this:

Preparation isn't about doing one big thing—it's about doing several small things consistently before your period begins. Those small habits become the foundation of The Triple Relief Rhythm™.

In the next chapter, we'll move into Rhythm Two: Soothe. You'll learn practical ways to make yourself more comfortable once your period starts, including simple self-care strategies, managing your day-to-day responsibilities, and recognizing when it's time to seek medical advice rather than simply pushing through the pain.

Chapter 4

Rhythm Two — Soothe Your Body During Your Period

So now you've done the hard part.

You didn't wait until the cramps arrived before thinking about your body. You prepared. You paid attention to your Comfort Window. You built healthy habits before your period began.

Now your period is here.

This is where many women panic.

The first cramp comes, and suddenly everything else goes out the window.

But not you.

You already have a plan.

That's the beauty of Rhythm Two.

It isn't about chasing the pain. It's about responding to your body's needs calmly and consistently.

First Things First—Don't Try to Be a Superwoman

One thing I had to learn was this:

Just because I'm menstruating doesn't mean I have to prove how strong I am.

For years, I ignored the pain.

I'd clean the house.

Go to work.

Run errands under the hot sun.

Smile through meetings.

Then I'd get home completely exhausted.

Your period is not the time to pretend your body isn't speaking.

It's okay to slow down.

Slowing down is not a weakness.

It's wisdom.

Heat Is Your Friend

If you've ever wrapped a warm cloth around your lower tummy and felt a little relief, you're not imagining it.

Heat can help relax tight muscles and provide comfort for many women experiencing menstrual cramps.

You can use:

- A hot water bottle
- A heating pad
- A warm towel
- A warm bath or shower

Always make sure the heat isn't too hot to avoid burns.

Sometimes, twenty minutes of gentle warmth is enough to help you relax while your body settles.

Keep Moving—Even If You Don't Feel Like It

I know what you're thinking.

"Move? Grace, I can barely stand."

I'm not asking you to run five kilometres.

I'm asking you not to stay in bed all day if you can safely avoid it.

Light movement may help some women feel better.

Try:

- Walking slowly around the house.
- Gentle stretching.
- A few minutes of yoga.
- Deep breathing while standing.

Sometimes the hardest step is simply getting up.

Once you do, your body often thanks you.

Listen to your body, though. If movement makes your pain significantly worse or you feel faint, stop and rest.

Eat to Support Your Body

When cramps hit, many women either stop eating or reach for sugary snacks all day.

I've done both.

Neither helped me feel my best.

During your period, try to eat regular, balanced meals even if your appetite changes.

Choose foods like:

- Beans
- Fish
- Eggs
- Fruits
- Vegetables
- Whole grains
- Yoghurt
- Nuts

And don't forget your water.

If you're drinking tea or coffee, pay attention to how your body responds. Some women find caffeine doesn't affect them much, while others notice it seems to make them feel worse around their period.

There's no one-size-fits-all answer.

Create Your "Comfort Kit"

One day I got tired of searching the whole house for what I needed every month.

So I packed everything into one small bag.

Now when my period starts, I'm ready.

Your Comfort Kit could include:

- Sanitary pads, tampons, or a menstrual cup—whichever you prefer
- Spare underwear
- Pain relief medicine if recommended by your healthcare provider
- A reusable water bottle
- Healthy snacks
- A small heating pad or hot water bottle
- Wet wipes or tissues
- A notebook or period tracker

It sounds simple.

But being prepared reduces stress.

Don't Ignore Your Emotions

Periods don't only affect the body.

They can affect emotions too.

Some months you might feel:

- Irritable
- Tearful
- Sensitive
- Easily frustrated
- Less patient than usual

That's okay.

Instead of judging yourself, ask yourself one question:

"What do I need today?"

Maybe you need quiet.

Maybe you need rest.

Maybe you need to say "no" to extra responsibilities.

Maybe you just need someone to listen.

Being kind to yourself is part of the treatment plan.

Working While on Your Period

Many women don't have the option of staying home.

Bills still need to be paid.

Children still need to go to school.

Life continues.

If you're working during your period, try these simple habits:

1. Carry a bottle of water.
2. Don't skip lunch.
3. Stand and stretch every hour if you sit for long periods.
4. Wear comfortable clothing when possible.
5. Keep your Comfort Kit nearby.

These little actions won't erase every cramp.

But they can make your day easier to manage.

Know When Your Body Is Asking for Medical Help

This guide focuses on practical lifestyle habits, but it's equally important to know when you shouldn't simply "push through."

Please make an appointment with a healthcare professional if you experience:

- Pain is so severe that you cannot carry out normal daily activities.
- Pain that suddenly becomes much worse than usual.
- Very heavy bleeding that soaks through pads or tampons rapidly.
- Bleeding between periods.
- Fever, foul-smelling discharge, or severe pelvic pain.
- Pain that continues even after your period ends.

Conditions such as endometriosis, fibroids, or pelvic inflammatory disease can also cause painful periods and require proper diagnosis and treatment.

Seeking medical care isn't giving up.

It's taking care of yourself.

Your Two-Minute Relief Routine

When cramps begin, try this simple routine:

1. Take five slow, deep breaths.
2. Sip a glass of water.
3. Apply gentle heat if available.
4. Walk or stretch for five minutes if you feel able.
5. Eat a light, balanced meal if you haven't eaten.
6. Rest for a short while if your schedule allows.
7. Take pain medication only as directed by your healthcare provider or according to the product label.

This routine won't work like magic.

But it helps you respond thoughtfully instead of reacting in panic.

One Reader's Biggest Lesson

A woman once shared something that stayed with me.

She said, *"I used to spend my first day fighting my period. Now I spend it supporting my body."*

That sentence perfectly describes Rhythm Two.

You're no longer treating your period like an enemy.

You're learning how to work with your body instead of against it.

And sometimes, that shift in mindset is just as important as any habit you build.

If you take one thing away from this chapter, let it be this:

Comfort comes from preparation, consistency, and listening to your body—not from trying to "tough it out." The more gently you care for yourself during your period, the better equipped you'll be to recover afterward.

In the next chapter, we'll explore Rhythm Three: Restore—the often-overlooked phase after your period ends. You'll learn why recovery is just as important as preparation and how the days after menstruation can help shape a healthier, more comfortable cycle next month.

Chapter 5

Rhythm Three — Restore So Next Month Gets Better

You've made it through the first two rhythms.

You prepared before your period.

You supported your body during your period.

Now your bleeding has stopped, and you're probably thinking,

"Finally! I don't have to think about my period again until next month."

That's exactly what I used to think too.

And honestly?

That's where I kept making the same mistake.

The days after your period are not the end of your cycle.

They're the beginning of your next one.

This is where many women unknowingly lose the progress they've made.

Rhythm Three is about helping your body recover, replenish, and prepare for another healthy cycle.

Your Period May Be Over, But Your Cycle Isn't

Many women think of menstruation as a four- or five-day event.

In reality, your menstrual cycle continues throughout the month.

Once your period ends, your body is already beginning another cycle.

That means the choices you make today can influence how you feel weeks from now.

This is why The Triple Relief Rhythm™ isn't just about your period.

It's about your whole month.

Give Your Body Time to Recharge

Think about charging your phone.

If you only charge it when the battery reaches 1%, you're always worried it will switch off.

Your body works in a similar way.

After your period, you may still feel tired.

Some women notice they have less energy than usual.

Others bounce back quickly.

Either way, this is a good time to focus on recovery instead of rushing straight back into a stressful routine.

Ask yourself:

- Am I sleeping enough?
- Have I been eating balanced meals?
- Have I been drinking enough water?
- Have I made time to relax?

Recovery isn't laziness.

It's maintenance.

Rebuild Your Energy

If your period involves heavy bleeding, your body may need time to replenish.

A balanced diet can support recovery and overall health.

Focus on foods like:

- Beans
- Green leafy vegetables
- Fish
- Eggs
- Lean meat
- Citrus fruits
- Whole grains

If a healthcare professional has diagnosed you with iron deficiency or prescribed supplements, take them exactly as directed.

Never assume you need supplements without proper medical advice.

Food should remain the foundation whenever possible.

Look Back Before You Look Forward

One of the smartest habits you can build is reflection.

Every month, ask yourself these questions:

- Was this period easier than the last one?
- When did the cramps begin?
- What seemed to help?
- What made things worse?
- Did I prepare early enough?

Don't judge yourself.

Just observe.

Patterns are powerful.

Over time, they tell a story.

Your Body Is Your Best Teacher

No app knows your body better than you do.

No social media influencer lives inside your body.

No friend has your exact cycle.

That's why tracking is so valuable.

Your journal doesn't have to be complicated.

Write down:

- The first day of your period.
- How strong your pain was (1–10).
- Your energy level.
- Your mood.
- Any unusual symptoms.
- Anything you think helped.

After three or four months, you'll likely begin noticing trends you never saw before.

That's valuable information to discuss with your healthcare provider if needed.

Don't Wait Until Next Month to Start Again

This is another trap many women fall into.

Their period ends.

Healthy habits disappear.

Water intake drops.

Sleep gets shorter.

Exercise stops.

Fast food becomes the norm again.

Then the next cycle arrives, and they're back at the beginning.

Instead, think of recovery as keeping the engine running smoothly.

Small daily habits matter far more than occasional big efforts.

Protect Your Peace

One thing I've noticed over the years is that many women spend so much time taking care of everyone else that they forget themselves.

Children need attention.

Work deadlines pile up.

Family members call with requests.

Friends need advice.

Before long, you're running on empty.

You cannot pour from an empty cup.

Even ten quiet minutes each day can help you reset.

That might mean:

- Sitting outside with a cup of tea.
- Reading a few pages of a book.
- Taking a short evening walk.
- Praying or meditating.
- Listening to calming music.

Rest is not something you earn.

It's something your body needs. Celebrate Small Wins!

Please don't wait until you have a "perfect" period before celebrating.

Did your cramps last one day instead of two?

Celebrate.

Did you remember to drink more water?

Celebrate.

Did you prepare before your period started?

Celebrate.

Progress deserves recognition.

Those small victories build confidence.

Confidence builds consistency.

And consistency creates lasting habits.

Your Monthly Reflection Page

At the end of each cycle, complete this simple review.

My Triple Relief Rhythm™ Check-In

Pain Level (1–10): _____

Energy Level (1–10): _____

Mood: 😊 😐 😞

Did I prepare before my period?

- ☐ Yes
- ☐ Partly
- ☐ No

What helped me most this month?

What can I improve before next month?

One promise I'll keep before my next cycle:

This takes less than five minutes.

But over a year, you'll have a record of twelve cycles.

That's powerful.

Remember Why You're Doing This

This journey isn't about becoming perfect.

It's about becoming prepared.

Some months will still be difficult.

Life happens.

Stress happens.

Illness happens.

That's okay.

Don't throw away your routine because of one difficult month.

Simply begin again.

That's the beauty of a rhythm.

It keeps going.

If there's one lesson I hope stays with you after this chapter, it's this:

The days after your period are not "time off" from your health—they're an opportunity to help your body recover and prepare for the next cycle. Every month gives you another chance to build on the progress you've already made.

In the next chapter, we'll uncover the hidden everyday habits that may quietly be making your menstrual discomfort worse. Some of them might surprise you, and fixing them could be simpler than you think.

Chapter 6

Hidden Everyday Habits That May Be Making Your Cramps Worse

By now, you've learned how to prepare before your period and how to care for yourself once it begins.

But here's something I wish someone had told me years ago.

Sometimes the problem isn't only what we're not doing.

Sometimes it's what we're doing every single day without realizing how it affects us.

I'm not talking about one bad meal or one late night.

I'm talking about habits that quietly become part of our lifestyle.

Little by little.

Month after month.

Let's uncover a few of them.

Habit #1: Living on Empty

Have you ever skipped breakfast because you were running late?

Then skipped lunch because work became busy?

Then came home so hungry that you ate everything in sight?

I've done that more times than I'd like to admit.

Your body likes consistency.

Going long hours without eating may leave you feeling tired, irritable, and more likely to crave foods that don't leave you feeling your best.

Instead, aim for regular meals throughout the day.

Even something simple is better than nothing.

Habit #2: Drinking More Soft Drinks Than Water

Let's be honest.

Many of us remember to drink water only when we're thirsty.

The rest of the day?

Soft drinks.

Sweetened juice.

Energy drinks.

Coffee.

Tea.

While these drinks can be enjoyed in moderation, they shouldn't replace water.

Water supports many normal body functions.

A simple trick I use is this:

Every time I finish a cup of tea or coffee, I drink a glass of water afterward.

It's a small habit, but it helps me stay hydrated.

Habit #3: Sitting for Hours Without Moving

Whether you're working in an office, selling in a shop, studying, or working from home, it's easy to stay in one position for hours.

Your body wasn't designed for that.

You don't need an expensive gym membership.

Every hour, try to:

- Stand up.
- Stretch your arms.
- Roll your shoulders.
- Walk for two or three minutes.

These tiny movement breaks support circulation and help reduce stiffness.

Habit #4: Treating Sleep Like It's Optional

I used to wear my late nights like a badge of honour.

"I only slept four hours."

"I've been working all night."

I thought I was being productive.

I was actually exhausting myself.

Quality sleep supports your body's recovery, mood, and overall well-being.

Create a bedtime routine that works for you.

Even going to bed 30 minutes earlier can make a difference over time.

Habit #5: Saying "Yes" to Everyone

This one has nothing to do with food.

Or exercise.

Or water.

It has everything to do with stress.

Many women carry the weight of an entire family.

Someone always needs something.

And somehow, you become the person everyone depends on.

But here's the truth.

You cannot pour from an empty cup.

Learning to say,

"Not today."

or

"Can we do this tomorrow?"

isn't selfish.

It's healthy.

Protecting your peace is part of protecting your body.

Habit #6: Ignoring Your Cycle

Some women know exactly when their favourite TV show comes on.

They know when salary is coming.

They know birthdays.

But ask them when their next period is due...

They have no idea.

Tracking your cycle isn't obsessive.

It's preparation.

Whether you use:

- A notebook

- A calendar
- A phone app

The important thing is to notice your patterns.

Knowledge helps you prepare instead of panic.

Habit #7: Following Every Trend on Social Media

One week it's a detox tea.

The next week it's a miracle drink.*

Then it's a supplement that promises to "balance hormones overnight."

Social media can be helpful.

It can also be confusing.

Be careful about following advice from people who promise quick fixes without evidence.

Your body deserves better than marketing tricks.

If something sounds too good to be true, it probably is.

Habit #8: Comparing Your Body to Someone Else's

Comparison steals joy.

And it steals confidence too.

Maybe your friend has painless periods.

Maybe your sister finishes hers in three days.

Maybe someone online claims they never get cramps.

That's their story.

Not yours.

Your goal isn't to copy someone else's cycle.

Your goal is to understand your own.

That's real progress.

Your Weekly Reset Routine

Here's a simple routine you can follow every Sunday.

Triple Relief Rhythm™ Weekly Reset

- ☐ Check where you are in your cycle.
- ☐ Plan healthy meals for the week.
- ☐ Refill your water bottle.
- ☐ Buy any period supplies you may need.
- ☐ Schedule time for exercise.
- ☐ Plan one relaxing activity.
- ☐ Set a bedtime goal.

It takes less than fifteen minutes.

But it helps you stay ahead instead of catching up.

When Lifestyle Changes Aren't Enough

I want to pause here because this is important.

Healthy habits are powerful.

But they're not a cure for every cause of menstrual pain.

If you've consistently applied the ideas in this guide for several months and you're still experiencing severe pain, very heavy bleeding, fainting, pain during sex, or symptoms that are getting worse, it's time to see a qualified healthcare professional.

You deserve answers.

You deserve proper care.

Never feel guilty about asking for help.

In fact, one of the strongest things you can do is advocate for your own health.

Progress Is Built on Ordinary Days

People often ask me,

"What's the one secret?"

They're usually disappointed by my answer.

Because there isn't one.

The real secret is ordinary days.

Drinking enough water.

Sleeping well.

Moving your body.

Managing stress.

Eating balanced meals.

Tracking your cycle.

Repeating those habits month after month.

They're not exciting.

But they work together.

That's why it's called The Triple Relief Rhythm™.

Not because of one miracle habit.

Because of many small habits moving together like a rhythm.

If there's one thing to remember from this chapter, it's this:

Your monthly experience is shaped by your daily habits. The small choices you make on ordinary days often matter more than the big things you do once your period has already started.

Now it's time to put everything together. In the final chapter, I'll help you build your 30-Day Triple Relief Rhythm™ Action Plan—a simple week-by-week roadmap that shows you exactly what to do throughout your cycle so you can turn these lessons into lasting habits.

Chapter 7

Your 30-Day Triple Relief Rhythm™ Action Plan

We've come a long way together.

You now understand that painful periods aren't something you should simply fear every month.

You've learned how to prepare before your period.

You've learned how to support your body during your period.

You've learned how to recover afterwards.

Now it's time to bring everything together into one simple routine you can follow every month.

This chapter is your roadmap.

You don't have to remember every page of this guide.

You only need to remember the rhythm.

That's why I created this 30-day plan.

Simple.

Practical.

Easy to repeat.

Because the goal isn't perfection.

The goal is consistency.

Week 1 — Recover and Reset

(The days immediately after your period ends.)

Your body has worked hard.

Now it's time to recover.

Your Focus

- ✓ Eat nourishing meals.
- ✓ Drink enough water.
- ✓ Get enough sleep.
- ✓ Move your body gently.
- ✓ Reflect on your last cycle.

Daily Checklist

- ☐ Drink water throughout the day.
- ☐ Eat vegetables with at least one meal.
- ☐ Move for 20–30 minutes.
- ☐ Sleep at a regular time.

☐ Write one sentence in your cycle journal.

Week 2 — Build Your Foundation

This is when many women forget about their cycle.

Don't.

This is the perfect time to build healthy habits while you're feeling stronger.

Your Focus

- ✓ Continue balanced meals.
- ✓ Stay active.
- ✓ Reduce unnecessary stress.
- ✓ Keep tracking your cycle.

Small Goal for the Week

Choose one healthy habit to improve.

Examples:

- Drink one extra glass of water daily.
- Walk after dinner.
- Go to bed 30 minutes earlier.
- Pack healthier snacks for work.

One habit.

One week.

That's enough.

Week 3 — Enter Your Comfort Window

Now things become intentional.

If your period is expected in the next 3–5 days, it's time to begin Rhythm One: Prepare.

This is where many women finally stop being caught by surprise.

Your Comfort Window Checklist

- ☐ Increase your water intake.
- ☐ Eat balanced meals consistently.
- ☐ Stretch each day.
- ☐ Reduce late nights.
- ☐ Plan lighter activities if possible.
- ☐ Rest when your body asks for it.
- ☐ Check that your period supplies are ready.

This week isn't about doing more.

It's about giving your body more support.

Week 4 — Flow With Your Period

Your period has arrived.

No panic.

No guessing.

No rushing.

You've already prepared.

Now simply move into Rhythm Two.

Your Daily Comfort Plan

Morning

- ✓ Drink water.
- ✓ Eat breakfast.
- ✓ Stretch gently if you feel able.

Afternoon

- ✓ Eat lunch.
- ✓ Take movement breaks.
- ✓ Listen to your body.

Evening

✓ Apply heat if needed.

✓ Eat dinner.

✓ Reduce stress.

✓ Sleep early.

Simple.

Repeat.

Your Monthly Reflection

When your period finishes, answer these questions.

This Month I Did Well At...

Next Month I Want To Improve...

My Pain Score

1 2 3 4 5 6 7 8 9 10

My Energy Score

1 2 3 4 5 6 7 8 9 10

Did I Follow The Triple Relief Rhythm™?

☐ Mostly

☐ Sometimes

☐ Hardly

Remember—

This isn't a test.

It's a conversation with yourself.

Don't Quit After One Month

This is probably the most important thing I'll say in the whole guide.

Please don't expect one perfect month.

Healthy habits don't work like a light switch.

They're more like planting a garden.

You water it.

You protect it.

You stay patient.

Then one day you notice flowers where there used to be bare soil.

Your body deserves that same patience.

Know When to Ask for Help

I also want you to know something else.

Being strong doesn't mean suffering in silence.

If your menstrual pain is:

- So severe that you can't work or attend school,
- Getting worse over time,
- Accompanied by very heavy bleeding,
- Happening between periods,
- Causing fainting or severe dizziness,
- Or affecting your quality of life despite healthy habits,

Please see a qualified healthcare professional.

This guide is designed to help you build supportive lifestyle habits. It is not a substitute for medical diagnosis or treatment.

You deserve to be heard.

And you deserve proper care.

A Letter From Me to You

Before we say goodbye, I want to leave you with this.

For years, I believed my period controlled my life.

Every month I counted down to the pain.

Every month I hoped things would somehow be different.

But hope without preparation rarely changes anything.

Everything shifted when I stopped fighting my body and started listening to it.

I learned that my cycle wasn't my enemy.

It was my body's way of communicating with me.

And once I understood that, I stopped living in fear.

I started living with rhythm.

That's my wish for you too.

Not perfection.

Not impossible promises.

Just a healthier relationship with your body.

One month at a time.

One small habit at a time.

One rhythm at a time.

Because every step you take today is a gift to the woman you'll be next month.

And I truly believe she will thank you for it.

Remember these three words:

Prepare

Support your body before your period begins.

Soothe

Respond with care and consistency during your period.

Restore

Recover well so your next cycle starts stronger.

Keep repeating the rhythm.

Month after month.

Because lasting change isn't built in one perfect cycle.

It's built through consistent care, compassion, and listening to your body.

About the Author

Grace Sunday is a women's wellness educator passionate about helping women better understand their menstrual health through practical, evidence-informed lifestyle habits.

After years of seeing women accept painful periods as "normal," Grace became committed to educating women on how preparation, consistency, and self-care can support a healthier relationship with their menstrual cycle.

Through The Triple Relief Rhythm™, she encourages women to stop fearing their monthly cycle and start working with their bodies—one small habit at a time.

Her philosophy is simple:

Your body is not your enemy. When you learn to listen to it, you give yourself the best chance to feel your best.

Frequently Asked Questions

1. Will this completely stop my menstrual pain?

No.

This guide does not promise to cure menstrual pain. Every woman's body is different, and menstrual pain can have many causes.

The Triple Relief Rhythm™ is designed to help you build healthy habits that may support a more comfortable menstrual cycle while helping you recognize when it's important to seek medical care.

2. How long before I notice a difference?

Some women notice positive changes within one or two cycles, while others may take longer.

The goal is steady improvement through consistent habits rather than expecting instant results.

3. Should I stop taking my pain medication?

No.

Never stop prescribed medication without speaking to your healthcare provider.

This guide is intended to complement, not replace professional medical advice and treatment.

4. My periods are extremely painful. Should I still follow this guide?

Yes, but if your pain is severe, getting worse, or preventing you from carrying out normal daily activities, you should also consult a qualified healthcare professional for proper evaluation.

5. Can teenagers use this guide?

Many of the healthy lifestyle habits discussed in this guide are suitable for teenagers. However, persistent or severe menstrual pain in adolescents should always be discussed with a healthcare professional or a trusted adult.

6. Do I have to follow everything perfectly?

Absolutely not.

The goal is progress, not perfection.

Even improving one habit each month is a step in the right direction.

30-Day Triple Relief Rhythm™ Habit Tracker

Daily Habits

Habit	Mo	Tu	We	Th	Fri	Sa	Su
	n	e	d	u		t	n

Drank enough water ☐ ☐ ☐ ☐ ☐ ☐ ☐

Ate balanced meals ☐ ☐ ☐ ☐ ☐ ☐ ☐

Moved my body ☐ ☐ ☐ ☐ ☐ ☐ ☐

Slept well ☐ ☐ ☐ ☐ ☐ ☐ ☐

Managed stress ☐ ☐ ☐ ☐ ☐ ☐ ☐

Tracked my cycle ☐ ☐ ☐ ☐ ☐ ☐ ☐

Repeat this table for four consecutive weeks.

Monthly Menstrual Symptom Journal

Month: _____

First Day of Period: _____

Before My Period

- My mood was: _____
 - My energy level (1–10): _____
 - I noticed these symptoms:
-

During My Period

Pain Level (1–10): _____

Flow:

☐ Light

☐ Moderate

☐ Heavy

Symptoms I experienced:

☐ Cramps

☐ Bloating

☐ Headache

☐ Back pain

☐ Fatigue

☐ Mood changes

☐ Other: _____

What helped the most?

After My Period

How did I feel?

What worked well this month?

What do I want to improve next month?

Cycle Calendar Template

Date	Day of Cycle	Symptoms	Mood	Notes
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Tip: Complete one line each day. Over several months, this can help you spot patterns and have more informed conversations with your healthcare provider if needed.

Medical Disclaimer

The information in this guide is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

The suggestions in The Triple Relief Rhythm™ are designed to support general health and menstrual well-being through practical lifestyle habits. They should not replace advice, diagnosis, or treatment from a qualified healthcare professional.

Always consult your doctor or another licensed healthcare provider if you have severe menstrual pain, very heavy bleeding, pain that is getting worse, irregular bleeding, or any symptoms that concern you.

Never delay seeking professional medical care because of information contained in this guide.

If you are pregnant, breastfeeding, have an existing medical condition, or take prescription medication, speak with your healthcare provider before making significant changes to your diet, exercise routine, or supplement use.

Final message:

Thank you for spending this time with me.

If there's one thing I hope you carry with you after reading this guide, it's this:

Your cycle is not something to fear, it's something to understand.

Every glass of water you drink, every good night's sleep, every nourishing meal, every gentle walk, and every moment you choose to care for yourself is an investment in your future health.

You don't need to be perfect.

You simply need to stay in rhythm.

One month at a time.

One choice at a time.

One step at a time.

With warmth,

Grace Sunday

Creator of The Triple Relief Rhythm™

