

## Luteal phase

The luteal phase starts when the egg has been released during ovulation, around 14 days before your period starts. Your body produces the hormone progesterone. Its main job is to change the environment of the uterus.

Your energy decreases, you might feel unwell with mood swings and indisposition.

**Motto: "I retreat and pay attention to myself!"**

## Ovulation phase

Ovulation occurs around day 14 in a 28-day-cycle. It takes the egg around 24 hours to travel through the fallopian tubes, where it must be fertilised for a pregnancy to happen. **Remember: the egg survives 24 hours, while sperms survive up to 6 days!**

Your body temperature will rise, and the cervix opens to welcome the sperm. Your cervix is soft and you get that egg white-like discharge that helps the sperm to climb into the uterus.

**Motto: "My libido is stimulated, I feel attractive to others!"**

## Menstruation

The cycle starts with your menstruation, and can last from 3 to 7 days.

During menstruation you might have heavy bleeding at the beginning, which might be accompanied by nausea, headache, abdominal pain, diarrhoea, mood swings and indisposition.

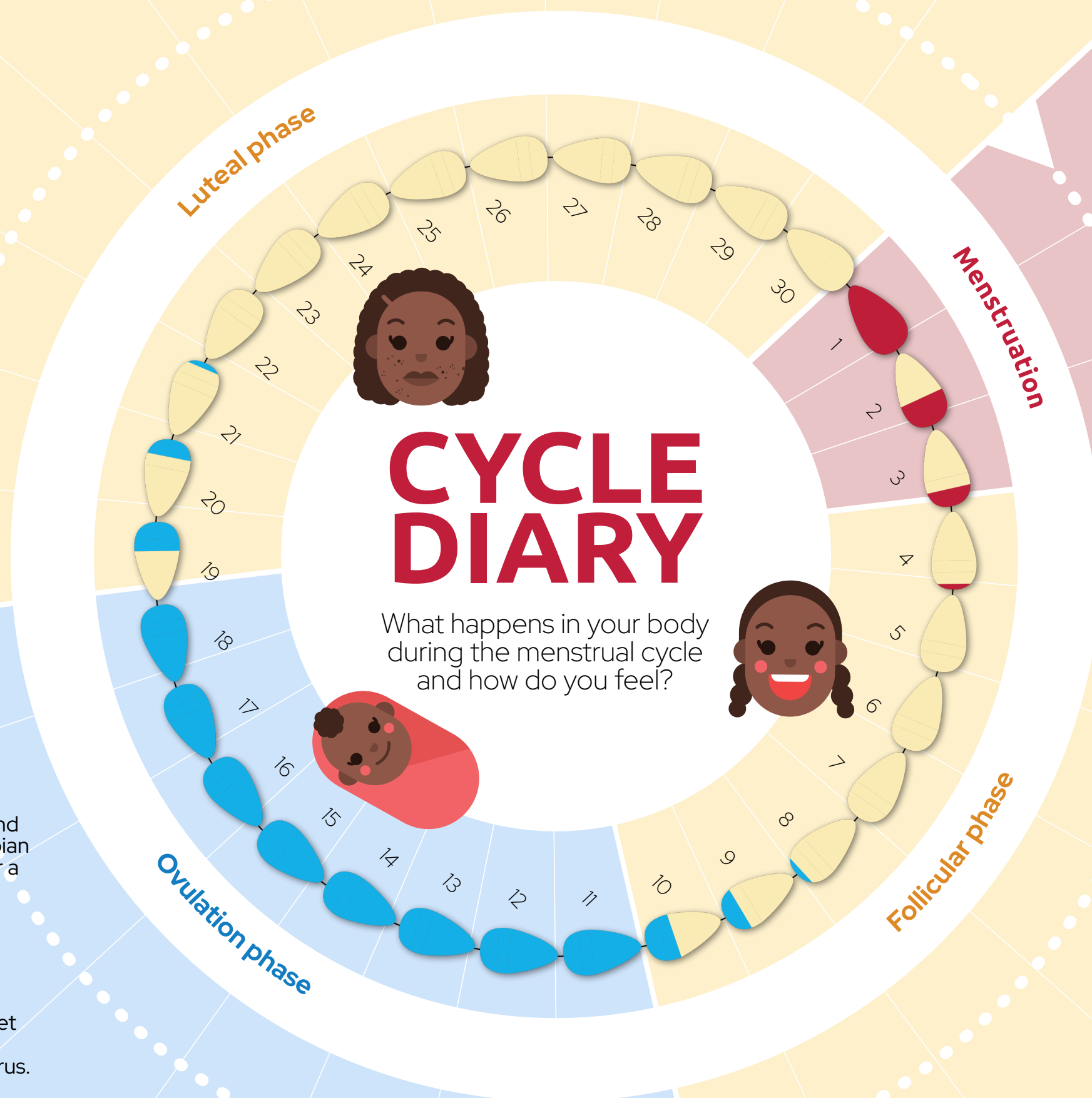
**Motto: "Cheer up, it will pass!"**

## Follicular phase

The eggs in your ovaries are always there, trying to grow, but they are only released for fertilisation when the hormonal balance is right. Therefore the hormone estrogen is produced in the ovaries.

During the follicular phase (except during the first days of menstruation) you feel beautiful, creative, more concentrated, your skin is clear and bright.

**Motto: "Look at me, what a beautiful woman am I!"**



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