

HAVING ANXIETY ABOUT THE APPROACHING HOLIDAY?



*We know that get togethers can cause fear, embarrassment, etc. when you're dealing with heavy bleeding and the risk of having an accident. So we put together a **toolkit** to get you through the holidays.*

WARDROBE OPTIONS

Red is the color of the season. Lucky for us, it works for both Thanksgiving and Christmas times of the year. We suggest wearing warm colors and choosing clothes made of heavy fabric when it comes to your wardrobe. We also suggest layers, as it'll act as a boundary, on the chance that you do bleed.



WHAT TO HAVE IN YOUR BAG



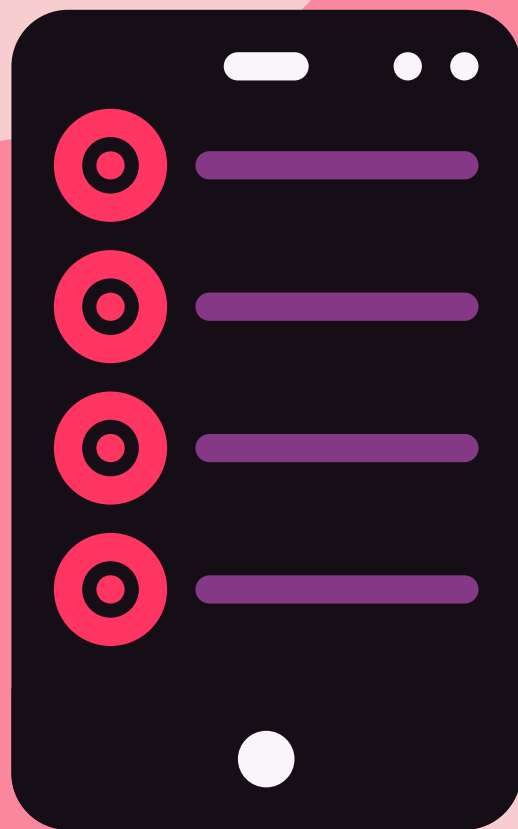
Think of your bag as your secret weapon of protection. In it, you can keep extra pads and tampons. We also highly suggest medications for pain relief, and if your bag is big enough, a change of clothes if you do have an accident.

WAYS TO EXCUSE YOURSELF

- Ask them if they have plans and tell them to have a wonderful time with it.
- "Another thing I wanted to mention before I go is..."
- "I just realized I haven't said hello to the host yet! I should go now. Great speaking to you!"
- Sometimes, all you need to say is: "Please excuse me."



REMINDERS ON YOUR PHONE



Setting reminders on your phone can help you make sure your flow isn't overtaking and bleeding through your clothes. Set one for every 30 minutes to an hour, so that you can be on top of where you're at period-wise.

HELP HOTLINE

Your friends and family are here to help. Set up a contingency plan with someone who you know will be there to help you get out of a stressful situation. You can also have someone call you, if you have no one where you are, to get you out of your situation.



QUICK MEDITATION TIPS



Sometimes, you just need to take a moment to yourself; so you should do exactly that. Take a moment, repeat the following mantra a few times, and return to the party when you feel ready.

*With every breath, I feel myself
relaxing.*

*I have control over how I feel,
and I choose to feel at peace.*

*All experiences are helping me
grow.*