

WOMEN HEALTH

"How the Menstrual Cycle Affects Mood: The Role of Family Support in Coping" - Dr. Lopa Das

Mood swings during periods are mainly caused by hormonal fluctuations, changes in brain chemistry, and lifestyle factors. While these shifts are normal, they can be challenging. Understanding the causes and providing strong family support can make a significant difference.

Hormonal fluctuations:

- Estrogen and progesterone levels rise and fall throughout the menstrual cycle.
- A sharp drop in these hormones before menstruation can trigger irritability, sadness, or anxiety



Serotonin changes:

- Hormones influence serotonin, a brain chemical that regulates mood.
- Lower serotonin levels can lead to fatigue, cravings, and emotional instability

Stress and lifestyle factors :

- Daily stress, poor sleep, or unhealthy diet can worsen premenstrual symptoms.
- Women with severe PMS (Premenstrual Syndrome) or PMDD (Premenstrual Dysphoric Disorder) may experience more intense mood swings.

Why Family Support Matters

Mood swings during periods are normal but manageable. By understanding the hormonal and chemical changes behind them, women can adopt lifestyle strategies—like exercise, nutrition, and stress relief—to ease symptoms.

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However, the most important factor is strong family support. without it, women may feel neglected, which can lead to sadness or even depression. Mental and emotional support from family often helps ease stress and stabilize mood. When a woman experiences mood swings during her menstrual period, having a supportive husband and children or close relatives can make a big difference.

Support from a Husband or Partner

- Listen with patience: Sometimes she just needs to vent or be heard without judgment.
- Show empathy: Acknowledge that hormonal changes can affect emotions and reassure her it's normal.
- Offer practical help: Taking care of chores, meals, or errands can reduce stress.
- Encourage rest: Suggest quiet time, naps, or relaxation when she feels overwhelmed.
- Gentle affection: Small gestures like a hug, kind words, or simply sitting together can be comforting.

Support from Children

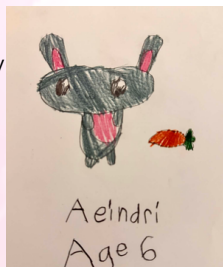
- Age-appropriate understanding: Older kids can be gently told that mom may feel tired or moody sometimes.
- Cooperation: Encourage kids to help with small tasks or play calmly when mom needs rest.
- Positive distractions: Reading together, drawing, or watching a movie can keep the atmosphere light.
- Patience: Teach children that mood changes are temporary and not their fault, which builds empathy.

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Self-Care with Family's Help

- Open communication: Share feelings with family so they know how best to support.
- Shared routines: Family walks, light exercise, or cooking together can lift mood.
- Relaxation time: Encourage quiet moments like meditation, journaling, or listening to music.
- Healthy habits: Family can help maintain balanced meals, hydration, and good sleep



CALGARY NEWS

- On Oct 21, 2025, Jeromy Farkas elected as the city's 38th mayor.
- He was elected to Calgary City Council in the 2017 municipal election to represent Ward 11, serving until 2021. He ran as a candidate for mayor in the 2021 municipal election, placing second to Jyoti Gondek
- Farkas was born and raised by Hungarian immigrants in the southeast Calgary neighbourhood of Dover. Farkas attended the University of Calgary and graduated with a Bachelor of Arts in political science.





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We are looking for some writing for the quarterly publishing magazine.

Topics can be:

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| 1. Canadian/ Calgary News | 2. Immigration |
| 3. Cooking recipe | 4. Art |
| 5. Interior design | 6. Gardening |
| 7. Travel | 8. Vaastu Shasta |
| 9. Music | 10. Health |
| 11. Real Estate | 12. Stocks Market |

Please feel free to contact Shawn Podder

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