HOW TO NAVIGATE YOUR PERIOD WHEN YOU'RE TRANS OR NON-BINARY

Trans, genderfluid and non-binary people may experience gender dysphoria while menstruating or feeling the effects of menstruation

Gender dysphoria is NOT the feeling that the sex you were assigned at birth doesn't match the gender you identify with. Gender dysphoria is when the mismatch causes DISCOMFORT.

Allow yourself some grace. You don't have to power through. Period discomfort, pain and fatigue are valid reasons to be out of commission, especially if there are complicated feelings.

Give various period products a try. Pads, tampons, cups. Period underwear can be a great option. There are gender-neutral styles & they can be comfy and then just thrown in the wash.

Build gender affirmations into your routine. Wearing gender-affirming outfits, being around other trans people, connecting with communities in-person or online.

Painful periods can be a trigger. Supplements, pain killers, heating pads can help manage pain symptoms. It might help take your mind off your period & you can focus on distractions.

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Be kind to yourself. Try to remember, your period doesn't define your gender

Sources: flo.health/lgbtq/trans-period; health.com/mind-body/lgbtq-health/menstruating-as-non-binary-person