**Stress and periods**

Did you know that one of the major reasons of a missed period is stress? You did not. But now you do. That’s why you need to know how stress affects your menstrual cycle and how it can be dangerous for your reproductive health.

Stress usually causes headaches, sleep disturbances, anxiety and above all hormonal imbalance. That is where it begins to affect your monthly cycle. Although daily life stresses like deadlines and relationship conflicts can cause your period to be delayed but sometimes severe stresses like loosing a job or a loved one can cause your period to stop all together.

Stress among women is very common these days. This is why many women are facing menstrual problems as a result of stress. This article focuses on everything you need to know about stress and its relation to menstruation.

**How does stress affect your period?**

When a woman is undergoing a lot of stress, her body responses negatively to it. A [study](https://www.tandfonline.com/doi/abs/10.1080/0097840X.1978.9934989) conducted by Sommer identifies the relationship between stress and the menstrual cycle. Stress causes a rise in the production of stress hormones especially cortisol. Cortisol in turn affects the production of other hormones such as the reproductive hormones, estrogen and progesterone. Disruptions in the levels of estrogen and progesterone causes your period to be delayed or even absent. Experts at [Flo Living](https://www.floliving.com/5-stress-affects/) describe the following ways in which stress can affect your period:

* **Disruption in progesterone levels.** Cortisol, the stress hormone lowers the production of progesterone, a hormone necessary to induce your period. This ultimately not only affects your monthly cycle but also jeopardizes your ability to conceive.
* **Changed period characteristics.** Stress can cause hormonal imbalances which ultimately can change when you period comes, what is the color of menstrual blood, what is the flow and for how long your period stays. This means that stress can still affect your cycle even if ovulation has occurred.
* **Disruption in insulin levels.** Raised cortisol levels can disrupt your glucose-insulin mechanism which ultimately affects ovulation and menstruation.
* **Delayed ovulation.** Raised cortisol levels can cause ovulation to be delayed or even absent. This can not only be dangerous for your menstrual cycle but it can even cause abnormalities in pregnancy.

**How to destress yourself and normalize your cycle?**

Although stress can be very tiring sometimes but it is not a thing which can’t be overcome. Actually, if you are a female having stress levels so high that they can affect your period, then you must immediately take actions to get rid of that stress if you want to ensure good reproductive health. Here are some ways by which you can destress your self and normalize your monthly cycle, as described by experts at [Flex Fits](https://flexfits.com/blogs/thefixx/heavy-periods) and [Health Line](https://www.healthline.com/health/womens-health/irregular-periods-home-remedies):

* **Yoga practice.** A 2013 [study](https://www.ncbi.nlm.nih.gov/pubmed/23647406) has shown that yoga is very effective in soothing the mind and dealing with menstrual abnormalities. The study concluded that 30-40 minutes of yoga, 5-6 days a week can help in normalizing hormonal levels disrupted by stress which may be causing your period to be delayed, irregular or absent.
* **Regular exercise to maintain a healthy weight.** Being overweight or underweight can cause great stress to women owing to the stereotypical thinking of an ideal body weight. Maintaining an ideal body weight should be made a goal for good health and not to fit in the so-called stereotypical ideals of the society. Normal amount of regular exercise can help you in maintaining a healthy weight, neither too high, nor too low. This will ultimately reduce your stress levels and normalize your menstrual cycle.
* **Take healing baths.** A relaxing warm water bath with Epsom salts and essential oils, thrice a week can be really helpful in decreasing those abnormally high stress levels.
* **Ensure good intake of vitamins.** According to a 2015 [study,](https://www.ncbi.nlm.nih.gov/pubmed/25879830) low levels of vitamin C are linked to hormonal imbalances and irregular periods. If you want to ensure that your menstrual cycle is normal and you are in good reproductive health then you should take your proper daily dose of vitamins. This will not only keep you stress free but will also keep that flow going.
* **Ensure a healthy sleep routine.** An abnormal sleep routine, that is sleeping way past midnight and waking up late can raise your stress hormone levels, especially cortisol. As discussed above raised cortisol levels disrupt your menstrual cycle. A good healthy sleep routine of about 8 hours daily sleep is important to keep yourself destressed and healthy.
* **Incorporate stress relieving ingredients in your diet.** Although many people consider caffeine-containing tea and coffee and alcohol to be the best stress relievers, this is not actually true. Both these ingredients actually increase your cortisol levels in the long run, ultimately giving you more stress. You need to incorporate ingredients like maca root and apple cider vinegar in your diet which not only reduce your stress levels but also help in normalizing your menstrual cycle.

Thus, we can say that stress is actually one of the major reasons of an irregular, delayed or absent period. Women with stress not only experience short-term health problems but long-term diseases as well. This not only jeopardizes their daily life activities but can make their lives stressful for longer terms. Therefore, ensuring a destressed mind is very important for good health.

They say a sound mind means sound health. This phrase signifies how important good mental health is with respect to good physical health. Keep your mind healthy and there go all your physical health problems out of the window!

Guidelines:

Primary keyword: Late period

Keywords: why is my period late, can stress delay period, reasons for late period, can stress delay your period, can stress make your period late, how long can stress delay your period, period 4 days late, can stress cause a late period, can stress cause a missed period, my period is late, reasons for missed period, late period stress, stress delay period, missed period stress, period 5 days late, late period causes, delayed period, sudden weight, weight gain, polycystic ovarian syndrome, blood tests, ovulation and menstruation, birth control pills, womens health, polycystic ovarian syndrome, body weight, pregnancy test, hormonal imbalance, menstrual cycle, hormonal birth control, talk to your doctor, irregular periods, hormone levels, health care, period starts

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