YOUR INNER SEASONS: A MAP BACK TO YOUR BODY

INNER WINTER
REST & RENEWAL—

Your body releases what's no longer needed. This is your season of stillness and deep listening. It's time to nourish yourself.

Body: *Rest & restore — sleep and nourish.*
Mind: *Quiet the noise — reflect and dream.*
Heart: *Be tender — hold yourself with softness and compassion.*

Bleeding is your body's way of renewing itself. Trust the wisdom in your pause.

INNER SPRING
— AWAKENING & GROWTH

As estrogen rises, your energy, focus, and creativity return. Your body begins to rebuild, just like nature awakening after winter.

Body: *Energy returns — move with joy.*
Mind: *Clarity blooms — dream and plan.*
Heart: *Confidence grows — say yes to new beginnings.*

It's not about doing more. Let the awakening come gently, in your own time.



INNER AUTUMN
REFLECTION & RELEASE —

As hormones drop, your energy softens. This is your time to slow down, release, and listen inward.

Body: *Rest more — stretch, walk gently, honor your pace.*
Mind: *Simplify — focus on what matters, let the rest wait.*
Heart*: Feel deeply — express, release, and care for yourself tenderly.*

Let this season remind you: slowing down isn't weakness — it's wisdom.

INNER SUMMER
— CONNECTION & EXPRESSION

Estrogen and energy peak—your body opens, vibrant and magnetic. This is your season to connect and shine.

Body: *Vital and strong — move, and share your light.*
Mind*: Words flow — express, collaborate, be heard.*
Heart*: Warm and open — nurture bonds, celebrate connection.*

Savor this vibrant fullness without pressure; nurture connections that truly nourish you.

MAKE MENSTRUAL EQUITY NON-NEGOTIABLE

"It's time to shift the narrative and do the visionary yet grounded work. Bringing menstrual education and cycle awareness into trauma-informed, anti-violence spaces is powerful, necessary, and long overdue.

This education fills a critical gap—one often overlooked, yet deeply tied to identity, dignity, and trauma recovery.

*Reconnecting with our cycles means reclaiming **safety**, **trust**, and **body sovereignty**."*

— Eileen Folch
Founder of Bloody Awesome

BLOODY AWESOME

BRINGING MENSTRUAL EQUITY TO WORKPLACES & PROGRAMS

Trauma-informed trainings that integrate menstrual health education, cycle awareness, and stigma reduction to strengthen mental well-being, retention, and workplace culture.

Ready to make real and lasting change?

www.bloody-awesome.com
info@bloody-awesome.com
+1 (778) 788-1834