

PMS Help—For Him

Some surprises are great, but a loved one's hormonal changes should not come as a surprise to you. Keep a record of when this cycle occurs for your partner, and develop communication between you both so you know when it is beginning and if it is any worse than normal. Here are some steps you can take to support her during this time.

Discover kindness. Make meals, play calm music, brew some tea for her, give her gentle and loving (not sensual) massages, and practice empathy every day of the year, doubly so on these harder days. Your beloved partner or friend is having a tougher time in all areas, so be kind above all.

Take care of yourself. Get extra sleep, eat healthily, and do not drink alcohol. Go on gentle walks with her, but also exercise alone.

Take breaks. Honor her space during this time if she agrees to this. Plan on volunteering these days, or getting in some extra work. Being there for someone is a combination of being present with the person (not just in the same house) and giving that person the space we all want.

Communication. This is the heart of all relationships, be it with your boss or girlfriend. Most men and women, though, have a hard time expressing and telling their partners exactly what they want. Often, we don't even know what we want! We can't be honest with the other person if we are not honest with ourselves! The answer to this is couples therapy—but only *after* you have both gone to individual therapy. Roughly 25% of people who go to one-on-one therapy report improved relationships, while those who then (after about 6 months of individual therapy) go to couples therapy report up to 50% improvement. Work on yourself, identify your wants and needs, and then work on the relationship, which is another word for the act of communication—of receiving and reciprocating.

Avoid toxins. Do not smoke around her (or smoke at all, for that matter), or use any chemically scented products, as these endocrine disrupters harm us all, but especially her. Do not bring her candies or cater to unhealthy foods. Sugar and alcohol during this time, especially if she is hypoglycemic or diabetic, are detrimental to her health, as well as her mood.

Seek education. Complete workbooks on emotional management so others can feel safe around you. It is also wise to train your body in martial arts and strength conditioning so others can also feel physically safe around you. To be safe and provide safety ought to be the goal of all men. Masculinity is not toxic, but a lack of it can be. Be a kind and strong man for her, knowing this does not mean being abusive or allowing abuse from her. Your emotions are yours, and hers are hers. She does not have the right to be violent or mean to you, nor do you have the right to demean her for her present mood.

The best thing you can do is talk to her when she is not having PMS, and you are both calm. Ask her, “What can I do for you during your cycle that would help you feel better physically and emotionally? I ask because I care and would like to know how to show up for you. Is there anything I can do for me that could help (or be better for) you?” Now, write on the back of this worksheet all you know to do. Then ask the best men you know what they do and add that to your list. Read *PMS Help—For Her* and talk with your partner about what she discovered, compare what you wrote, and make a plan to act on this out of love for you both!

If applying this helps improve your life, then look for more resources at:

www.EmotionalManagement.org