



THE WAVE COUNSELING

Bailey's Tips for CYCLE SYNCING

Cycle Syncing is a strategy that aligns daily activities, nutrition, exercise and medication adjustments with the four phases of the menstrual cycle to optimize cognitive function, energy levels, and emotional well-being. Since hormonal fluctuations impact ADHD symptoms and executive functioning, cycle syncing helps women adjust their workload, treatment plans, and lifestyle choices to match your brain's strengths and challenges throughout the month. By tracking these patterns, women with ADHD can better manage symptoms, improve productivity, and enhance overall well-being.



PHASE	SEASON + MOON CYCLE	WHAT HAPPENS
Menstrual (3-7 days long)	Winter, new moon	Estrogen and progesterone are low. The lining of the uterus, called the endometrium, sheds which causes bleeding. Energy and mood may be low. Good time to take an epsom salt bath, reflect, reassess, journal, sleep.
Follicular (7-10 days long)	Spring, waxing moon	Estrogen and progesterone are on the rise. Energy and mood may be high. Good time to plan, prepare, and brainstorm.
Ovulatory (3-4 days long)	Summer, full moon	Estrogen peaks. Testosterone and progesterone rise. Sex drive, confidence, socializing, energy may be high.
Luteal (10-14 days long)	Fall, waning moon	Estrogen and progesterone levels are high. If egg is not fertilized, hormone levels decrease and menstrual cycle starts again. Progesterone peaks halfway through this phase, release of hormone contributes to PMS symptoms. Energy intake and expenditures increase -may experience lower energy and mood and more food cravings. Good time for declutter, deep work, organization.



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Behavioral Strategies

Menstrual	Focus on low-stimulation, reflective tasks. Reduce social and cognitive demands if possible Consider a temporary increase in medication dosage
Follicular	Tackle complex tasks - best time for problem solving and creative thinking Plan high-focus work, networking or new projects
Ovulatory	Schedule high-focus work and important decision making Engage in social activities, meetings and collaboration Make progress on goal-oriented projects and long term planning
Luteal	Shift focus to routine tasks, self-care Use visual reminders and structured task lists Reduce stressors and take extra breaks

Lifestyle & Nutritions Recommendation

Menstrual Phase

Iron, Zinc, B-vitamins, Magnesium,
antioxidants
Prioritize rest and recovery - this is not the
best time for high-demand tasks.
Engage in gentle movement like yoga,
walking, deep breathing to naturally boost
dopamine

Follicular Phase

Zinc, phytoestrogens, omega-3's
Increase protein and healthy fats to support
sustained energy and dopamine levels.
Engage in strength training workouts to
enhance cognitive function.

Luteal Phase

Calcium, magnesium, B-vitamins, fiber
Focus on blood sugar balance to stabilize mood
and energy levels. Prioritize low-demand tasks.
Engage in gentle movement like walking, yoga,
or stretching to reduce stress and support
emotion regulation

Ovulation

Vitamin C, B-vitamins, antioxidants, fiber
Optimize brain function with Omega-3s.
Incorporate protein rich foods, healthy fats,
and hydration to sustain energy and cognitive
function. Engage in high energy activities like
strength training or HIIT to maximize
dopamine motivation.