



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

MOOD SWINGS IN WOMEN: YOUR CYCLE AND YOUR MENTAL HEALTH- PART ONE

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You can do something about the emotional turmoil that your menstrual cycle can bring. You can get help and support through certain lifestyle changes and sometimes medications, that your Psychiatrist can prescribe for you.

Two main mental conditions are associated with the menstrual cycle of women, namely,

1. Premenstrual syndrome (PMS)

PMS affects a high percentage of women of childbearing age, with many women feeling mood changes in the days before menstruation. For many women, these menstrual symptoms like irritability, anger, and mood swings are the norm but severe PMS can be emotionally debilitating for some. Fortunately, when PMS is appropriately treated with medication and lifestyle changes, many women are able to control their mood changes and other emotional difficulties.

Signs and Symptoms of PMS

- a) severe, uncontrollable mood swings in some women, who may go from crying spells to angry outbursts and anxiety, then back to a stable emotional state – all in one day.
- b) the emotional ups and downs consistently starting a week to two weeks before your period and stopping a day or two after menstruation starts.

c) mood swings occur during the last (luteal) phase of the menstrual cycle, which starts after ovulation, typically day 14 to 28 of a woman's monthly cycle. Once menstruation starts, mood swings usually disappear.

What causes the mood changes in PMS

Emotional disturbances are thought to be connected to the rise and fall of hormones, specifically estrogen, throughout the menstrual cycle. Estrogen levels begin to rise slowly just after a women's period ends, and it peak two weeks later. Then estrogen levels drop like a rock and begin rising slowly before dropping again just before menstruation starts. These hormonal peaks and valleys are thought to cause mood swings and other menstrual symptoms.

Stressful situations, such as a relationship break-up or job loss, don't cause PMS, but they can make it worse.

Stay tuned for part two in the next edition of The Wellness Newsletter!

FINANCIAL WELLNESS-HOW TO IMPROVE YOUR FINANCIAL WELLNESS

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...continued from the December 2022 edition of The Wellness Newsletter

1. Cut down expenses

Focus on getting your essentials in place, specifically food, rent, core utilities, transportation, school fees, and medicines.

2. Build an emergency fund

Always keep an emergency fund to help you in difficult times, especially placing food on the table and paying core bills until things get better.

3. Create multiple sources of income

Challenge yourself and use your knowledge and hidden talent to make additional money.

4. Ask for help if you need to

It's okay to ask for help from financial institutions, provident funds, or credit unions when needed.

5. Plan for retirement

Preparation towards retirement includes savings and investments when you are in active service.

6. Reduce or Eliminate Debt

Pay off debt to improve your credit score, so you can comfortably borrow money to start building a house or a car.

Conclusion

Money stress can bleed into other areas of your life, like family, relationships, and career planning. Investing in your financial wellness can help you reduce your stress.

2. Use non-stick pans for frying thus eliminating the needed excess fat, use vegetable spray for frying.

3. Use lemon juice on salads instead of oil-based salad dressing.

4. Chill meat or poultry broth to allow fat to solidify, and then remove fat before using broth in cooking.

5. Cakes, pies, chocolates, chips, and biscuits are usually loaded with Trans-fats and oils as well as sugars, they are not healthy.

6. Do not be afraid to say 'No' to unhealthy options. Always remember that your health is in your hands!

HEALTH WALK SECTION

On behalf of the **KNUST Wellness**

Committee, we would like to welcome management, staff, and the student community to the year 2023. This is a year for wellness, we hereby invite you to our weekly health walk and aerobics every Saturday. We look forward to a successful healthy journey with you!

HEALTHY EATING TIPS

-MARINA AFERIBA TANDOH (PHD)
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General Tips for cutting down on your fat intake.

1. Try cutting your potatoes bigger for roasting - larger pieces absorb less fat during roasting. Parboil them first and then finish off in the oven!

DID YOU KNOW?

Regular exercise keeps DNA healthy and young, thus, increased lifespan?