



Menstruation⁵⁶

Hormones are at their lowest levels as the uterus lining begins to shed.

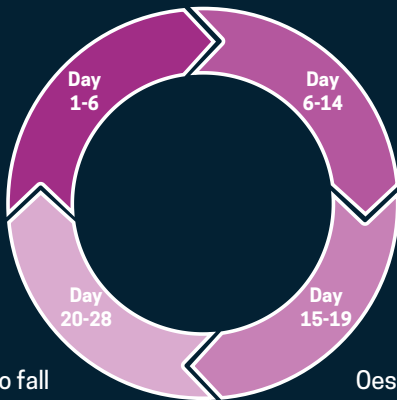


Luteal phase

Oestrogen levels start to fall as progesterone rises.

Progesterone has a depressant effect when compared with oestrogen which may lead to low moods.

These low moods can be a motivation for gambling to increase.



Follicular Phase

Oestrogen levels are increasing and people become happier with more energy



Ovulation

Oestrogen levels are at their highest, which increases mood and energy.

Women in their ovulation phase are more likely to engage in high risk activities including gambling.