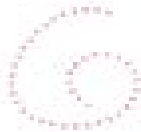


Drink plenty of water



Write a journal



Wear warm, comfy clothes and underwear



Take a warm bath or shower



Find a period product that suits you

Reduce your screen time



Get plenty of sleep and rest



Listen to your favourite music



Eat period friendly food

**we've got a blog on that!*

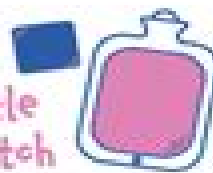


Do something that makes you happy



Be proud of yourself, focus on the positive things

use a hot water bottle or heat patch



Try meditation or colouring



Take a painkiller if necessary

(ask an adult for advice first)



Chat to your friend and family about how you feel



Go for a walk for some fresh air



How To Feel Better On Your Period

Christine Wheeler



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