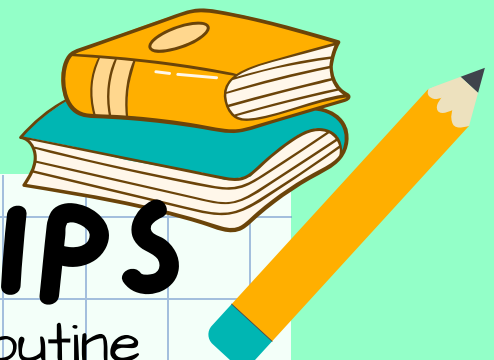


take care of your mind



# SELF CARE TIPS

To add into your weekly routine

Did you know..

It's proven that having a set routine and creating daily habits can massively relieve stress and help you to focus more throughout the day!



Why don't you research skin care and create your own regime? Take a look at HFG!

**HFG**  
*it's all about you...*

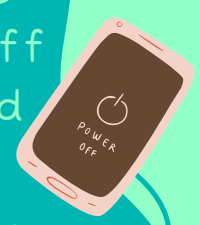
## MAKE SURE.

- You get at least 8 hours sleep every night
- You take time each day to day to check in with how YOU are feeling
- YOU ASK FOR HELP IF YOU NEED SUPPORT!



## You should try:

- setting time aside each night to turn off your phone and wind down.
- Drinking a cup of herbal tea before bed for a better night's sleep.
- Waking up in time to shower and eat a healthy breakfast before school.



**HELP!**



TAKE CARE

THE **Lucy Rayner** FOUNDATION

