

A GUIDE TO

# Period self-care

Drink plenty of water



MisliFi Bloody Brilliant



Write a journal



Wear warm, comfy clothes and underwear

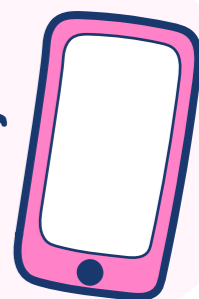


Take a warm bath or shower



Find a period product that suits you

Reduce your screen time



Get plenty of sleep and rest



Listen to your favourite music



Eat period positive 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

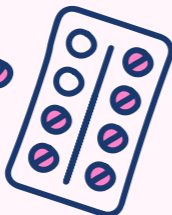


Try meditation or colouring

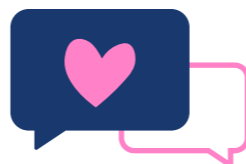


Take a painkiller if necessary

(ask an adult for advice first)



Chat to your friend and family about how you feel



Go for a walk for some fresh air

