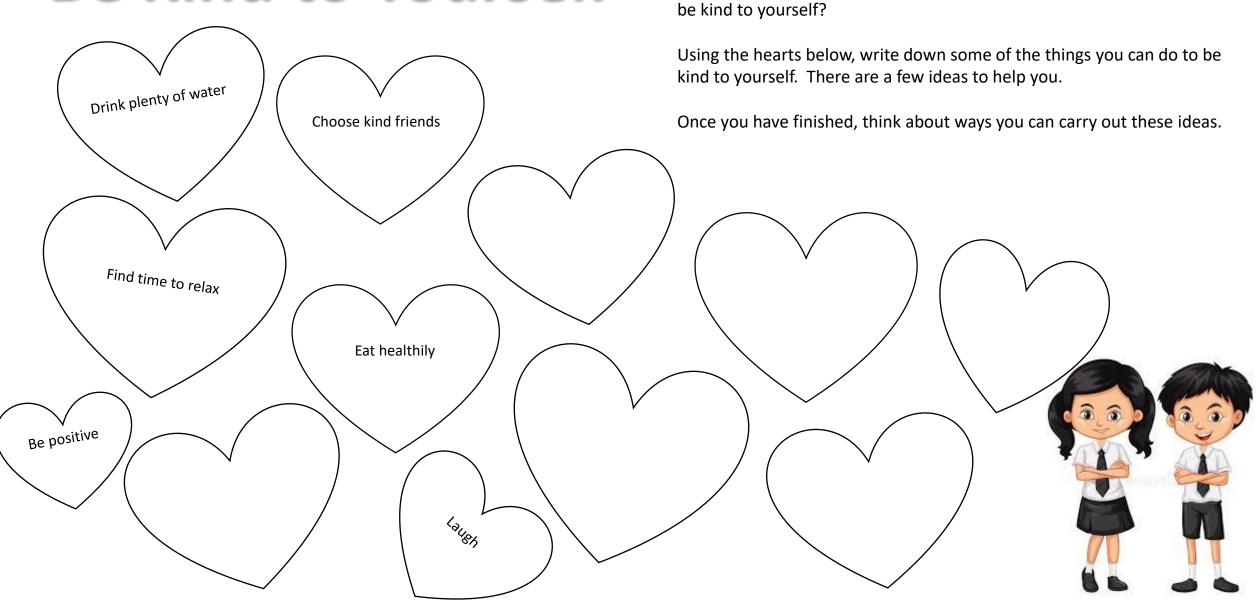
Be Kind to Yourself



We often consider how our behaviour can affect others and how we can be kind to other people, but have you ever thought about how you can