

“SOMETIMES YOU MUST LET GO OF THOSE SO CALLED FRIENDS”

- RUBY FOX



10 MILLION & COUNTING...

Although pop stars are famous and notorious for their music, the spotlight does not shape them. I met with Ruby Fox at her home, where she opened up about what she enjoys doing in her free time and the tips she has on what she believes builds a healthy lifestyle, both physically and mentally. It was clear to me that she appreciates all of the free time she has and that it is embedded carefully into her daily schedule. “There are so many modern day expectations and pressures that any downtime should be time well spent on yourself. It is gold.”

I have had a passion for singing since I could remember however I am relatively new to the professional singing and songwriting business. Only recently from the success of my latest release, “The Times”, have people began recognising me in public and just last week my instagram followers reached the staggering ten million mark! Already, I can see that being a pop star is not all it seems. As well as many positives, it is

also clouded with a huge amount of stress and pressure which can definitely be overpowering at times. Having space to yourself behind cameras and doing what you enjoy is necessary to keeping a level head and a happy, healthy lifestyle. This is not only true for people in the music industry but it can be said for anyone.

“USE YOUR FREE TIME FOR YOURSELF”

One of the most helpful pieces of advice a friend once told me was to use your free time for yourself. This may seem simple but it is very easy to become tangled up in a busy schedule, meeting friends and family. Although this may be enjoyable and exciting, what started out as downtime no longer is. Having rest is so important to be able to relax and recover from those stressful and busy days.

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