

SELF CARE GUIDE

Real tangible ways to care for your mind & body

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SIMPLE WAYS TO RELIEVE Stress & Anxiety

Exercising regularly is good for both your physical and mental health. Just 30 minutes a day is all it takes to feel better. Exercise releases endorphins, which are natural mood lifters. It also helps you sleep better and gives you more energy.

Using relaxation skills or breathing is a helpful way to reduce feelings of anxiety and stress. Try the 4-7-8 technique: Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.

Lean on friends, family, or support groups. They will help you with your feelings and concerns while also giving you perspective.

Reflect on what makes you happy. Making a list of things you love to do, people you love, and places you love to go can help you focus on the good things in life.



Today's

Feeling as good as

Self-care checklist

CLEANING PRODUCT Clean Ingredients

When it comes to cleaning products, it's important to choose products that are safe for your health and the environment. Look for products with natural ingredients and avoid harsh chemicals.

Safe Choice: Look for products with natural ingredients like vinegar, baking soda, and lemon. Avoid products with harsh chemicals like bleach, ammonia, and phosphates.

Safe Choice: Look for products that are biodegradable and have a low VOC (Volatile Organic Compound) content.

Safe Choice: Look for products that are certified by organizations like Green Seal or EcoLogo.

Safe Choice: Look for products that are made in the USA and have a low carbon footprint.

Safe Choice: Look for products that are made from recycled materials and have a low energy footprint.

Breath in

Meditation offers a wide array of benefits for your mind and body.

Stress Reduction: Regular meditation practice can help lower blood pressure and reduce stress levels.

Improved Concentration: Meditation helps improve focus and attention, which can lead to better performance at work or school.

Enhanced Emotional Well-being: Meditation can help reduce negative emotions like anger and anxiety, and increase positive emotions like happiness and peace.

Better Sleep: Many people find that meditation helps improve their sleep quality and reduce insomnia.



28 Pages Practicing Self Love & Care

Self Help Framework

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Self Help Framework:

Self Help Framework Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Self Help Framework**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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