

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 see smaller amounts of cortisol (the stress hormone) in your blood. Research has shown that people who exercise for 30 minutes a day have a 30% lower risk of developing heart disease.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're struggling to fall asleep.

Lean on friends, family, or support groups. They will lend comfort in sharing your feelings and concerns while also gaining perspective.

Reflect on what makes you happy: smiling, laughing, playing, listening to your favorite song, watching TV, going to the gym, taking time for yourself, and find ways to bring these things back into your life.



CLEANING PRODUCT Clean Ingredients

When it comes to buying cleaning products, look for products that list natural ingredients and avoid harsh chemicals and environmentally friendly ingredients. Here are some tips:

Read Labels: Look for products that list natural ingredients like vinegar, baking soda, and lemon juice. Avoid products with harsh chemicals like bleach, ammonia, and phosgene.

Use Natural Ingredients: Use natural ingredients like vinegar, baking soda, and lemon juice to clean your home. These ingredients are safe and effective.

Use Eco-Friendly Products: Look for products that are labeled as eco-friendly or green. These products are made from natural ingredients and are safe for the environment.

Use Natural Cleaning Methods: Use natural cleaning methods like vinegar, baking soda, and lemon juice to clean your home. These methods are safe and effective.

Use Natural Cleaning Products: Look for products that are labeled as natural or eco-friendly. These products are made from natural ingredients and are safe for the environment.

Breath in

Meditation offers a wide array of benefits.

Stress Reduction: Regular meditation practice can help lower cortisol levels, which is associated with stress.

Improved Concentration: Meditation techniques often involve focusing on a single point of focus, which can improve concentration and focus.

Enhanced Emotional Well-being: Meditation can cultivate positive emotions such as happiness and contentment while reducing negative emotions like anxiety and depression.

Better Sleep: Many people find that meditation helps improve their sleep by promoting relaxation and reducing stress.

28 Pages Practicing Self Love & Care



Self Help Framework

**Norman Sartorius, Julian Leff, Juan José
López-Ibor, Mario Maj, Ahmed Okasha**

Self Help Framework:

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