

SELF CARE GUIDE

Real tangible ways to care for your mind & body

Instant
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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 stress hormones in your blood. Exercise releases endorphins, the body's natural painkillers, and helps you feel better.

Using relaxation skills or breathing is a helpful tool 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. Journaling, reading, painting, listening to your favorite song, practicing self-compassion, etc. Take time for yourself and find ways that you love to feel positive about yourself.

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, non-toxic ingredients.

Safe Choice: These products offer a wide range of cleaning power without harsh chemicals, such as bleach, ammonia, or phosphates. Look for products with natural ingredients like vinegar, baking soda, and lemon juice.

Safe Choice: Products are derived from natural oils, such as coconut, and are biodegradable. Look for products with natural ingredients like essential oils, vinegar, and baking soda.

Safe Choice: These products are made with natural ingredients and are free of harsh chemicals. Look for products with natural ingredients like vinegar, baking soda, and lemon juice.

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Breath in

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

Stress Reduction: Regular meditation practice can help lower stress levels and improve your ability to handle stress.

Improved Concentration: Meditation helps improve your ability to focus and concentrate on tasks at hand.

Enhanced Emotional Well-being: Meditation can help you manage your emotions and reduce negative feelings.

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

28 Pages Practicing Self Love & Care

MADE BY A BREAST CANCER SURVIVOR



Self Help Framework

SJ Ball



Self Help Framework:

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Table of Contents Self Help Framework

1. Understanding the eBook Self Help Framework
 - The Rise of Digital Reading Self Help Framework
 - Advantages of eBooks Over Traditional Books
2. Identifying Self Help Framework
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Self Help Framework
 - User-Friendly Interface
4. Exploring eBook Recommendations from Self Help Framework
 - Personalized Recommendations
 - Self Help Framework User Reviews and Ratings
 - Self Help Framework and Bestseller Lists
5. Accessing Self Help Framework Free and Paid eBooks

- Self Help Framework Public Domain eBooks
- Self Help Framework eBook Subscription Services
- Self Help Framework Budget-Friendly Options
- 6. Navigating Self Help Framework eBook Formats
 - ePub, PDF, MOBI, and More
 - Self Help Framework Compatibility with Devices
 - Self Help Framework Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Self Help Framework
 - Highlighting and Note-Taking Self Help Framework
 - Interactive Elements Self Help Framework
- 8. Staying Engaged with Self Help Framework
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Self Help Framework
- 9. Balancing eBooks and Physical Books Self Help Framework
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Self Help Framework
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Self Help Framework
 - Setting Reading Goals Self Help Framework
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Self Help Framework
 - Fact-Checking eBook Content of Self Help Framework
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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