

# SELF CARE GUIDE

Real tangible ways to care for your mind & body

Instant Download

## SIMPLE WAYS TO RELIEVE Stress & Anxiety

*My journal*

Feeling as good as new

My new checklist



Exercising regularly is good for both your physical and mental health. Just 30 minutes a day is all it takes! Even smaller amounts of exercise can still provide health benefits, so it's important to find a routine that works for you and fits into your lifestyle.

Using relaxation skills such as breathing & guided imagery can reduce feelings of anxiety and stress. Try the 4-7-8 breathing technique to help you relax.



Lean on friends, family, or support groups. They will help combat the stress and concerns while also giving perspective.



Identify in what makes you happy? Reading a book, painting, listening to your favorite song, watching TV, spending time with family and friends are just a few ideas to help reduce stress.

## CLEANING PRODUCT Clean Ingredients

When it comes to the safety of cleaning products, several products stand out for their effectiveness and commitment to environmentally friendly ingredients. Here are some of the best.

**White Vinegar:** This basic cleaning product has a wide range of uses, from removing stains to disinfecting surfaces. It's safe for most surfaces and is a natural deodorizer.

**Baking Soda:** This mild abrasive is great for scrubbing away dirt and grime. It's safe for most surfaces and is a natural deodorizer.

**Essential Oils:** These natural oils can be used to create a pleasant scent in your home. They can also be used to disinfect surfaces.

**Castile Soap:** This natural soap is made from olive oil and is safe for most surfaces. It's a natural deodorizer and disinfectant.

**Hydrogen Peroxide:** This natural disinfectant is safe for most surfaces. It's a natural deodorizer and disinfectant.

**White Vinegar:** This basic cleaning product has a wide range of uses, from removing stains to disinfecting surfaces. It's safe for most surfaces and is a natural deodorizer.

## Breathers

Meditation offers a wide array of benefits.

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

• **Improved Concentration:** Meditation techniques often involve focusing on a single object or breath, which can improve concentration.

• **Enhanced Emotional Well-being:** Meditation can cultivate positive emotions such as joy and peace, while reducing negative emotions like anger and fear.

• **Better Sleep:** Many people find that meditation helps improve the quality of their sleep.

MADE BY A BREAST CANCER SURVIVOR



28 Pages Practicing Self Love & Care

# Self Help Framework

**Judd E. Hollander**



## **Self Help Framework:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Self Help Framework** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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