

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. Reading, a book, a podcast, listening to your favorite song, watching TV, going to the gym, taking time for yourself, and doing what you love to help reduce stress.



CLEANING PRODUCT Clean Ingredients

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

Simple Green: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are biodegradable.

Maid Fresh: Products are derived from natural oils, vinegar, and citric acid. They are biodegradable and safe for the environment.

Method: Method products are made with natural ingredients and are biodegradable. They are also free of harsh chemicals.

Seventh Generation: This brand focuses on natural ingredients and is committed to using sustainable materials. They are also free of harsh chemicals.

Branch Basics: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are biodegradable.

Breathin

Meditation offers a wide array of

Stress Reduction
Regular meditation practice can help lower cortisol levels and reduce stress.

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

Enhanced Emotional Well-being
Meditation can cultivate positive emotions such as happiness and reduce negative emotions like stress.

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

28 Pages Practicing Self Love & Care

MADE BY A BREAST CANCER SURVIVOR



Self Help Framework

RC Schank



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