

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 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. Making a list of things you love to do, people you love, and places you love to visit can help you focus on the positive and find ways to bring more joy into your life.

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 use a wide range of cleaning agents, including vinegar, baking soda, and essential oils. They are safe for your health and the environment.

Safe Choice: These products are made from natural, non-toxic ingredients. They are safe for your health and the environment.

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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 mood.

♥ **Improved Concentration:** Meditation helps you focus your mind and improve your ability to concentrate on tasks.

♥ **Enhanced Emotional Well-being:** Meditation can help you manage your emotions and improve your overall sense of well-being.

♥ **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

Karen Kearns



Self Help Framework:

Enjoying the Melody of Term: An Mental Symphony within **Self Help Framework**

In some sort of consumed by monitors and the ceaseless chatter of quick communication, the melodic splendor and mental symphony created by the prepared term frequently diminish in to the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, situated within the pages of **Self Help Framework** a marvelous literary prize filled with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this captivating masterpiece conducts viewers on an emotional journey, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously constructed phrase. Within the depths of the touching analysis, we can investigate the book is main harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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