

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 a sense of accomplishment.

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, or listening to your favorite song can help you feel better. Try to find something that makes you feel good and do it every day.

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 ingredients and avoid harsh chemicals.

Safe Choice: These products offer a wide range of cleaning options. They are safe for your health and the environment.

Safe Choice: These products are made from natural oils, vinegar, and water. 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 you feel less stressed and more relaxed.

Improved Concentration: Meditation helps you focus your mind and improve your ability to concentrate.

Enhanced Emotional Well-being: Meditation can help you feel more positive and less negative.

Better Sleep: Many people find that meditation helps them sleep better and more peacefully.

28 Pages Practicing Self Love & Care



Self Help Framework

Ian Pickup



Self Help Framework:

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