

# SELF CARE GUIDE

Real tangible ways to care for your mind & body

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## SIMPLE WAYS TO RELIEVE Stress & Anxiety

*My journal*

Feeling as good as...

Feeling as good as...

Feeling as good as...



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 anxiety while also gaining 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 ways 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 also a natural deodorizer and can be used to clean drains.
- Essential Oils:** These natural oils can be used to create custom cleaning solutions. They provide a pleasant scent and can have additional health benefits.
- Castile Soap:** This natural soap is made from olive oil and is safe for most surfaces. It's also a natural deodorizer and can be used to clean drains.
- Hydrogen Peroxide:** This natural disinfectant is safe for most surfaces and can be used to clean drains.
- White Distilled Vinegar:** This natural disinfectant is safe for most surfaces and can be used to clean drains.

## Breatharian

Meditation offers a wide array of benefits.

- Stress Reduction:** Regular meditation practice can help lower cortisol levels, which is associated with stress.
- Improved Concentration:** Meditation techniques often involve focusing on a single point of focus, which can improve concentration and productivity.
- 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 and reduce insomnia.

28 Pages Practicing Self Love & Care



# Self Help Framework

**O García**



## **Self Help Framework:**

## Reviewing **Self Help Framework**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Self Help Framework**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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