

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. Take time for yourself and find ways to bring joy back 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 ingredients and avoid harsh chemicals.

Safe Choice: These products offer a wide range of cleaning power without harsh chemicals. Look for ingredients like vinegar, baking soda, and lemon.

Safe Choice: These products are made from natural oils, essential oils, and probiotics. They are gentle on your skin and the environment.

Safe Choice: These products are made from natural ingredients and are free of harsh chemicals. 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 overall well-being.

❤️ **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 reduce negative feelings.

❤️ **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

Mark Steyvers



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