

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 good things in life.



Today's

Feeling as good as

Self-care checklist

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 manage stress and feel more relaxed.

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

Enhanced Emotional Well-being: Meditation can help you manage your emotions and feel more positive.

Better Sleep: Many people find that meditation helps them fall asleep more easily and wake up feeling refreshed.

28 Pages Practicing Self Love & Care



Self Help Framework

Linda Raynier



Self Help Framework:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Self Help Framework**

In some sort of inundated with displays and the cacophony of fast interaction, the profound power and mental resonance of verbal beauty frequently disappear into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, set within the musical pages of **Self Help Framework**, a captivating perform of literary brilliance that pulses with organic feelings, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that enchanting opus books visitors on a mental odyssey, softly revealing the latent potential and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect their fascinating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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web bu eğitimde katılımcıların analitik esnek ve yaratıcı problem çözme ve karar verme konularında edindikleri becerilerini uygulamalar yoluyla davranışa dönüştürebilmesi amaçlanmaktadır program problemleri doğru tanımlamak analiz etmek ve karar verme becerisi kazanmak etkin hızlı ve farklı çözümler bulabilmek

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web bu eğitim seti ile kişilerin öncelikle nasıl bir lider olduğunu tanımlaması ve olmak istediği liderliğe kendini keşfederek ilerlemesi sağlanmaktadır modül 1 kendimi yönetiyorum modül 2 ilişkilerimi yönetiyorum modül 3 ekibimi yönetiyorum modül

