

SELF CARE GUIDE

Real tangible ways to care for your mind & body

Instant
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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 see smaller amounts of cortisol (the stress hormone) in your blood. Exercise also helps you feel good and gives you a sense of accomplishment.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're having trouble sleeping at night.

Lean on friends, family, or support groups. They will lend comfort in sharing your feelings and concerns while also gaining perspective.

Reflect on what makes you happy. Reading, a book, a podcast, listening to your favorite song, watching TV, going to the gym, taking time for yourself, and doing what you love to help reduce stress.

CLEANING PRODUCT Clean Ingredients

When it comes to buying cleaning products, several products stand out for their effectiveness and commitment to environmentally friendly ingredients. Here are some of the best.

Simple Green: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are biodegradable.

Maid Fresh: Products are designed to be effective, safe, and easy to use. They include all-purpose cleaners, disinfectants, and more.

Method: Method products are known for their effectiveness and pleasant scents. They use natural ingredients and are biodegradable.

Seventh Generation: This brand focuses on using natural and biodegradable ingredients. They offer a wide range of cleaning products.

Branch Basics: This brand offers a range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are biodegradable.

Breath in

Meditation offers a wide array of benefits for your mind and body.

Stress Reduction: Regular meditation practice can help lower cortisol levels, which can help reduce stress.

Improved Concentration: Meditation helps improve focus and concentration, which can help with work and school.

Enhanced Emotional Well-being: Meditation can help improve mood and reduce negative emotions like anger and anxiety.

Better Sleep: Many people find that meditation helps improve their sleep quality and reduce insomnia.

28 Pages Practicing Self Love & Care



Self Help Framework

Chao Zhang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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