

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 see smaller amounts of cortisol (the stress hormone) in your blood. Research has shown that people who exercise for 30 minutes a day have less stress and anxiety.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're struggling to fall asleep.

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, practicing self-care, etc. Take time for yourself and find an outlet 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 top choices:

Brand Name: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are transparent about their sourcing.

Brand Name: Products are derived from natural oils, vinegar, and citric acid. They are biodegradable and safe for the environment.

Brand Name: This brand focuses on essential oils and natural ingredients. They offer a variety of cleaning products that are both effective and pleasant-smelling.

Brand Name: This brand focuses on natural ingredients and biodegradable formulas. They offer a variety of cleaning products that are both effective and safe for the environment.

Brand Name: This brand offers a variety of cleaning products that are both effective and safe for the environment. They use natural ingredients and are transparent about their sourcing.

Breathin

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

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, love, and compassion, while reducing negative emotions like anger and fear.

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

28 Pages Practicing Self Love & Care



Self Help Framework

Rosina Ehmann



Self Help Framework:

Self Help Framework Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Self Help Framework**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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