

# 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. Making a list of things you love to do, people you love, and places you love to visit can help you focus on the positive 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 options. They are safe for you, your family, and the environment.

**Safe Choice:** These products are made from natural oils, vinegar, and water. They are safe for you, your family, and the environment.

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## Breath in

Meditation offers a wide array of benefits.

Stress Reduction: Regular meditation practice can help lower stress levels and improve your ability to handle stress.

Improved Concentration: Meditation helps improve your ability to focus and concentrate on the task at hand.

Enhanced Emotional Well-being: Meditation can help you manage your emotions and improve your overall mood.

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

28 Pages Practicing Self Love & Care



# Self Help Framework

**Terry C. Jones**



## **Self Help Framework:**

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, **Self Help Framework** . This immersive experience, available for download in a PDF format ( Download in PDF: \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

<https://dashboard.colourpop.com/About/Resources/default.aspx/Minimalist%20Living%20Manual.pdf>

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