

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 positive and find ways to bring more joy 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. They are safe for your health and the environment. Look for products with natural ingredients and avoid harsh chemicals.

Safe Choice: These products are made from natural oils, vinegar, and water. They are safe for your health and the environment. Look for products with natural ingredients and avoid harsh chemicals.

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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 improve your 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

SA Dillow



Self Help Framework:

Eventually, you will extremely discover a additional experience and attainment by spending more cash. nevertheless when? realize you bow to that you require to get those all needs later having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will guide you to understand even more on the subject of the globe, experience, some places, subsequent to history, amusement, and a lot more?

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