

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 stress hormones in your blood. Exercise releases endorphins, the body's natural painkillers, and helps you feel better.

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

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. Reading, listening to music, spending time with your favorite pet, watching TV, going to the gym, taking a walk, and doing anything you love to help reduce stress.



Today's

Feeling as good as

Self-care checklist

CLEANING PRODUCT Clean Ingredients

When it comes to buying cleaning products, look for products that are free from harsh chemicals and contain natural and environmentally friendly ingredients. Here are some tips:

Read Labels: Look for products that are labeled "natural," "eco-friendly," or "green." Avoid products that contain harsh chemicals like bleach, ammonia, and phosphates.

Use Natural Ingredients: Many cleaning products are made from natural ingredients like vinegar, baking soda, and lemon juice.

Choose Eco-Friendly Brands: Look for brands that are committed to using natural and eco-friendly ingredients.

Use Less Product: Many cleaning products are sold in large containers. Consider buying smaller sizes or refills to reduce waste.

Read Reviews: Look for reviews from other consumers to see if a product is safe and effective.

Breath in

Meditation offers a wide array of

Stress Reduction
Regular meditation practice can help lower blood pressure and reduce stress.

Improved Concentration
Meditation techniques often involve focusing on a single object or thought, which can improve concentration and productivity.

Enhanced Emotional Well-being
Meditation can help reduce negative emotions like anger and anxiety, and increase positive emotions like happiness and peace.

Better Sleep
Many people find that meditation helps improve their sleep by reducing stress and promoting relaxation.

28 Pages Practicing Self Love & Care



Self Help Framework

Katrin Zwirgmaier

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