

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. Exercise also helps you feel more energized 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, 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 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 known for their effectiveness and safety. They use natural ingredients and are biodegradable.

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

Seal of Wisdom: This brand focuses on using effective and biodegradable ingredients and is known for its commitment to safety.

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.

Breath in

Meditation offers a wide array of benefits.

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

Better Sleep: Many people find that meditation helps improve the quality of their sleep.

28 Pages Practicing Self Love & Care



Self Help Framework

Siddappa N.Byrareddy



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