

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, non-toxic ingredients.

Safe Choice: Products with natural ingredients like vinegar, baking soda, and lemon juice are safe for your health and the environment.

Avoid: Products with harsh chemicals like bleach, ammonia, and formaldehyde can be harmful to your health and the environment.

Safe Choice: Products with natural fragrances like essential oils are safe for your health and the environment.

Avoid: Products with synthetic fragrances can be harmful to your health and the environment.

Safe Choice: Products with natural cleaning agents like citric acid and lactic acid are safe for your health and the environment.

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 mood.

❤ **Improved Concentration:** Meditation helps improve your focus and ability to concentrate on tasks.

❤ **Enhanced Emotional Well-being:** Meditation can help you manage your emotions and reduce negative feelings.

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

28 Pages Practicing Self Love & Care



Self Help Framework

Yijin Wang



Self Help Framework:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Self Help Framework**

In some sort of inundated with monitors and the cacophony of instantaneous transmission, the profound power and psychological resonance of verbal art often fade into obscurity, eclipsed by the constant assault of sound and distractions. However, set within the lyrical pages of **Self Help Framework**, a charming perform of literary elegance that impulses with fresh feelings, lies an memorable journey waiting to be embarked upon. Composed with a virtuoso wordsmith, this exciting opus manuals visitors on an emotional odyssey, lightly exposing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is key themes, dissect their fascinating writing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Self Help Framework Introduction

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