

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.



Today's

Feeling as good as

Self-care checklist

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 without harsh chemicals. Look for products with natural ingredients like vinegar, baking soda, and lemon.

Safe Choice: Products that are labeled as "natural" or "eco-friendly" are often made with safer ingredients. Look for products with natural fragrances and avoid synthetic scents.

Safe Choice: Products that are labeled as "non-toxic" or "child-safe" are often made with safer ingredients. Look for products with natural ingredients and avoid harsh chemicals.

Safe Choice: Products that are labeled as "biodegradable" or "compostable" are often made with safer ingredients. Look for products with natural ingredients and avoid harsh chemicals.

Safe Choice: Products that are labeled as "plant-based" or "vegan" are often made with safer ingredients. Look for products with natural ingredients and avoid harsh chemicals.

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 ability to handle stress.

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

G Psacharopoulos



Self Help Framework:

Decoding **Self Help Framework**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Self Help Framework**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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