

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! Even smaller amounts of exercise can still provide health benefits, so it's important to find a routine that works for you and fits into your lifestyle.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're having a difficult time getting your act together.

Lean on friends, family, or support groups. They will lend support in sharing your feelings and concerns while also gaining perspective.

Reflect on what makes you happy! Reading a book, painting, listening to your favorite song, watching TV, spending time with your pet, and doing an activity you love to help regulate mood.

CLEANING PRODUCT Clean Ingredients

When it comes to top-rated clean cleaning products, several brands stand out for their effectiveness and commitment to environmentally-friendly ingredients. Here are some of the best:

- Blueland:** This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and bathroom cleaners. They are made with natural, non-toxic ingredients and are packaged in reusable bottles.
- Molly's HoHo:** Molly's HoHo products are made from natural oils, vinegar, and essential oils. They are effective at cleaning and deodorizing, and they are also safe for your pets and children.
- Branch Basics:** Branch Basics products are made from natural ingredients and are packaged in reusable bottles. They are effective at cleaning and deodorizing, and they are also safe for your pets and children.
- Blueland:** Blueland offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and bathroom cleaners. They are made with natural, non-toxic ingredients and are packaged in reusable bottles.
- Molly's HoHo:** Molly's HoHo products are made from natural oils, vinegar, and essential oils. They are effective at cleaning and deodorizing, and they are also safe for your pets and children.
- Branch Basics:** Branch Basics products are made from natural ingredients and are packaged in reusable bottles. They are effective at cleaning and deodorizing, and they are also safe for your pets and children.

Breathers

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 thought on a single object, which can enhance concentration.
- Enhanced Emotional Well-being:** Meditation can cultivate positive emotions such as kindness while reducing negative emotions like anger.
- Better Sleep:** Many people find that meditation helps improve the quantity, relaxation, and quality of their sleep.

28 Pages Practicing Self Love & Care



Self Help Framework

ML Morrison



Self Help Framework:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Self Help Framework** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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