

SELF CARE GUIDE

Real tangible ways to care for your mind & body

Instant
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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. Research has shown that people who exercise for 30 minutes a day have a 30% lower risk of developing heart disease.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're struggling to fall asleep.

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: smiling, laughing, playing, listening to your favorite song, watching TV, going to the gym, taking time for yourself, and find ways to bring these things back into your life.



Today's

Feeling as good as

Self-care checklist

CLEANING PRODUCT Clean Ingredients

When it comes to buying 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: These products offer a wide range of cleaning power, including disinfecting, deodorizing, and degreasing. They are safe for your health and the environment.

Safe Choice: These products are made from natural oils, vinegar, and lemon juice. They are safe for your health and the environment.

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Breath in

Meditation offers a wide array of benefits for your mind and body.

Stress Reduction
Regular meditation practice can help lower cortisol levels, which can help reduce stress.

Improved Concentration
Meditation techniques often involve focusing on a single point of focus, which can help improve concentration.

Enhanced Emotional Well-being
Meditation can cultivate positive emotions such as joy, love, and compassion, which can help improve emotional well-being.

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

28 Pages Practicing Self Love & Care



Self Help Framework

DP Hallahan



Self Help Framework:

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