

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 stress and anxiety. Research shows that people who exercise for 30 minutes a day are 30% less likely to feel stressed.

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. Journaling, reading, painting, listening to your favorite song, practicing self-care, etc. Take time for yourself and find ways that you love to feel positive about yourself.

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 options. They are safe for you, your family, and the environment. Look for products with natural ingredients and avoid harsh chemicals.

Safe Choice: These products are made from natural oils, vinegar, and water. They are safe for you, your family, and the environment. Look for products with natural ingredients and avoid harsh chemicals.

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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 stress levels and improve your overall well-being.

Improved Concentration: Meditation helps improve your focus and concentration, allowing you to stay on task and complete your work more efficiently.

Enhanced Emotional Well-being: Meditation can help you manage your emotions and reduce feelings of anxiety and depression.

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

28 Pages Practicing Self Love & Care



Self Help Framework

LM Reder



Self Help Framework:

Delve into the emotional tapestry woven by Crafted by in **Self Help Framework** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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