

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 exercise can help you feel better about your life.

Using relaxation skills or breathing is a helpful way to reduce feelings of anxiety and stress. Try the 4-7-8 technique to help you relax.

Lean on friends, family, or support groups. They will help you with your feelings and concerns while also giving you perspective.

Believe in what makes you happy! Building a sense of purpose, focusing on your favorite thing, practicing self-compassion, etc. Take time for yourself and find ways that you love to help reduce stress.

CLEANING PRODUCT Clean Ingredients

When it comes to buying cleaning products, there's a lot to consider. Look for products that are safe for your health and the environment, and avoid harsh chemicals and synthetic fragrances.

Safe Choice: These products offer a wide range of cleaning power, including disinfecting, without harsh chemicals or synthetic fragrances.

Safe Choice: These products are made from natural oils, vinegar, and lemon juice. They're 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 stress levels and improve your overall well-being.

Improved Concentration
Meditation helps improve your focus and concentration, making it easier to stay on task and complete your work.

Enhanced Emotional Well-being
Meditation can help you manage your emotions and reduce negative feelings like anger and sadness.

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

28 Pages Practicing Self Love & Care



Self Help Framework

KJ Lindholm-Leary



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