

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 a sense of accomplishment.

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 and find ways to bring more joy into your life.



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, non-toxic ingredients.

Safe Choice: These products use a wide range of cleaning agents, including vinegar, baking soda, and essential oils. 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 stress levels and improve your overall well-being.

❤ **Improved Concentration:** Meditation helps you focus your mind and improve your ability to concentrate on tasks.

❤ **Enhanced Emotional Well-being:** Meditation can help you manage your emotions and improve your overall mood.

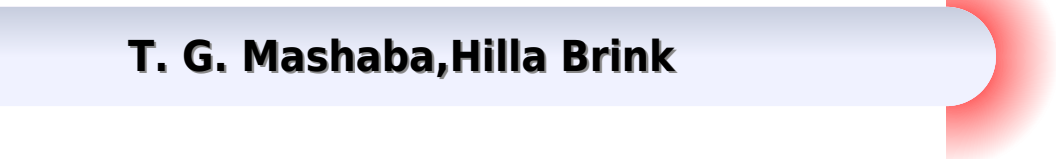
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T. G. Mashaba, Hilla Brink



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