

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 cortisol (the stress hormone) in your blood. Research has shown that people who exercise for 30 minutes a day have less stress and anxiety.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're having trouble sleeping at night.

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. Reading, a book, a podcast, listening to your favorite song, watching TV, going to the gym, taking time for yourself, and doing what you love to help reduce stress.



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 that are made with natural, non-toxic ingredients.

Safe Choice: These products offer a wide range of cleaning power, including disinfecting, deodorizing, and degreasing. They are made with natural ingredients and are safe for your health and the environment.

Safe Choice: These products are made with natural ingredients, including vinegar, baking soda, and lemon juice. They are safe for your health and the environment.

Safe Choice: These products are made with natural ingredients, including essential oils. They are safe for your health and the environment.

Safe Choice: These products are made with natural ingredients, including baking soda. They are safe for your health and the environment.

Safe Choice: These products are made with natural ingredients, including vinegar. They are safe for your health and the environment.

Breath in

Meditation offers a wide array of

Stress Reduction
Regular meditation practice can help lower blood pressure, reduce stress, and improve overall health.

Improved Concentration
Meditation helps improve focus and concentration, which can lead to better performance at work and school.

Enhanced Emotional Well-being
Meditation can help reduce negative emotions like anger and anxiety, and increase positive emotions like happiness and peace.

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

MADE BY A BREAST CANCER SURVIVOR



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