

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 lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're feeling stressed or anxious.

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. Reading, listening to music, spending time with loved ones, or taking a walk in nature can all help you feel better. Try to find something that makes you feel good and do it every day.

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 that are free of harsh chemicals, fragrances, and other irritants.

Safe Choice: These products offer a wide range of cleaning options. They are free of harsh chemicals, fragrances, and other irritants.

Safe Choice: These products are made from natural oils, vinegar, and water. They are free of harsh chemicals, fragrances, and other irritants.

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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 at hand.

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

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

28 Pages Practicing Self Love & Care



Self Help Framework

**Rose Utley, Kristina Henry, Lucretia
Smith**



Self Help Framework:

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Self Help Framework Introduction

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