

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 hormones in your blood. Exercise releases endorphins, the body's natural painkillers, and helps you feel better.

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-compassion, etc. Take time for yourself and find ways that you love to feel positive emotions.

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 offer a wide range of cleaning power. They are safe for you, your family, and the environment. Look for products with natural, non-toxic ingredients.

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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 levels of stress and anxiety.

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

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

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

28 Pages Practicing Self Love & Care



Self Help Framework

JR Anderson



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