

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 bloodstream, so it's important to find a routine that works for you and fits into your lifestyle.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if it's difficult to talk to your GP.

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: smiling, laughing, playing, listening to your favourite song, watching TV, going to the park, etc. Take time for yourself and find an outlet you love to help reduce stress.

CLEANING PRODUCT Clean Ingredients

When it comes to top-rated cleaning products, several products stand out for their effectiveness and commitment to eco-friendly ingredients. Here are some top

Scrubbing: This brand offers a wide range of cleaning products, including glass, stainless steel, and all-purpose cleaners, and uses plant-based ingredients and eco-friendly packaging.

Multi-Surface: Products are designed to be safe for all surfaces, including wood, stone, and tile, and are free from harsh chemicals.

Disinfecting: This brand's disinfectant products are formulated to kill germs and are safe for use on most surfaces.

Stain Remover: This brand's stain removers are effective on all types of stains, including oil, grease, and food, and are safe for use on most fabrics.

Deodorizer: This brand's deodorizers are formulated to eliminate odors and are safe for use in all rooms.

Breathin

Meditation offers a wide array of

Stress Reduction
Regular meditation practice can help lower associated with stress.

Improved Concentration
Meditation techniques often involve focusing thought or activity, which can enhance concentration.

Enhanced Emotional Well-being
Meditation can cultivate positive emotions such as happiness and reduce negative emotions like anxiety.

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

28 Pages Practicing Self Love & Care

MADE BY A BREAST CANCER SURVIVOR



Self Help Framework

Jessica J Manson



Self Help Framework:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, **Self Help Framework** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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