

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 ingredients and avoid harsh chemicals.

Safe Choice: These products offer a wide range of cleaning power without harsh chemicals. Look for products with natural ingredients like vinegar, baking soda, and lemon.

Safe Choice: Products that are labeled "non-toxic" or "eco-friendly" are generally safer for your health and the environment.

Safe Choice: Products that are labeled "biodegradable" are safer for the environment as they break down more easily.

Safe Choice: Products that are labeled "pet-safe" are safer for your pets. Look for products without essential oils or other ingredients that can be harmful to animals.

Safe Choice: Products that are labeled "hypoallergenic" are safer for people with allergies. Look for products without fragrances or other irritants.

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 ability to handle stress.

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

❤️ **Enhanced Emotional Well-being:** Meditation can help you manage your emotions and reduce negative feelings like anger and sadness.

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

28 Pages Practicing Self Love & Care



Self Help Framework

Michal Rosen-Zvi



Self Help Framework:

Unveiling the Magic of Words: A Review of "**Self Help Framework**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Self Help Framework**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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Self Help Framework Introduction

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