

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 more energy.

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 good things in life.



Today's

Feeling as good as

Self-care checklist

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: Look for products that are labeled "natural," "eco-friendly," or "non-toxic." These products are made from natural ingredients and are safer for your health and the environment.

Safe Choice: Look for products that are labeled "fragrance-free" or "unscented." These products are safer for people with allergies or sensitivities to fragrances.

Safe Choice: Look for products that are labeled "biodegradable." These products are safer for the environment because they break down naturally.

Safe Choice: Look for products that are labeled "certified organic." These products are made from organic ingredients and are safer for your health and the environment.

Safe Choice: Look for products that are labeled "certified cruelty-free." These products are not tested on animals and are safer for people who are concerned about animal rights.

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 mood.

Improved Concentration: Meditation helps improve your focus and concentration, which can be helpful in your work and daily life.

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

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

28 Pages Practicing Self Love & Care



Self Help Framework

Richard Bailey



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