

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.



Today's

Feeling as good as

Self-care checklist

CLEANING PRODUCT Clean Ingredients

When it comes to top-rated clean cleaning products, several products stand out for their effectiveness and commitment to eco-friendly and non-toxic ingredients. Here are some of the best:

Blueland: This brand offers a wide range of cleaning products, including glass, dish soap, all-purpose cleaners, and more, made from natural ingredients and eco-friendly packaging.

Molly's Clean: Products are derived from natural oils, vinegar, and citric acid. Molly's includes their own brand of cleaning products.

Blueland: This brand offers a wide range of cleaning products, including glass, dish soap, all-purpose cleaners, and more, made from natural ingredients and eco-friendly packaging.

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Breath in

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 while reducing negative emotions like stress.

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

28 Pages Practicing Self Love & Care



Self Help Framework

WJ Hussar



Self Help Framework:

Self Help Framework Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Self Help Framework**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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