

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 cortisol (the stress hormone) in your blood. Research has shown that people who exercise for 30 minutes a day have less stress and anxiety.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try this if you're struggling to fall asleep.

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. Reading, a book, a podcast, listening to your favorite song, practicing self-care, etc. Take time for yourself and find an outlet you love to help reduce stress.

CLEANING PRODUCT Clean Ingredients

When it comes to buying cleaning products, several products stand out for their effectiveness and commitment to environmentally friendly ingredients. Here are some of the best.

Simple Green: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are biodegradable.

Maid Fresh: Products are known for their effectiveness and safety. They use natural ingredients and are biodegradable.

Method: Method products are known for their effectiveness and safety. They use natural ingredients and are biodegradable.

Seal of Wisdom: This brand focuses on using effective and biodegradable ingredients and uses natural cleaning products.

Simple Green: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are biodegradable.

Breath in

Meditation offers a wide array of benefits.

Stress Reduction: Regular meditation practice can help lower cortisol levels, which can help reduce stress.

Improved Concentration: Meditation techniques often involve focusing on a single point, which can help improve concentration and focus.

Enhanced Emotional Well-being: Meditation can cultivate positive emotions such as happiness and love, while reducing negative emotions like anger and fear.

Better Sleep: Many people find that meditation helps improve their sleep by promoting relaxation and reducing anxiety.

28 Pages Practicing Self Love & Care

MADE BY A BREAST CANCER SURVIVOR



Self Help Framework

PT Brinkman



Self Help Framework:

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Table of Contents Self Help Framework

1. Understanding the eBook Self Help Framework
 - The Rise of Digital Reading Self Help Framework
 - Advantages of eBooks Over Traditional Books
2. Identifying Self Help Framework
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Self Help Framework
 - User-Friendly Interface
4. Exploring eBook Recommendations from Self Help Framework
 - Personalized Recommendations
 - Self Help Framework User Reviews and Ratings
 - Self Help Framework and Bestseller Lists
5. Accessing Self Help Framework Free and Paid eBooks
 - Self Help Framework Public Domain eBooks
 - Self Help Framework eBook Subscription Services
 - Self Help Framework Budget-Friendly Options
6. Navigating Self Help Framework eBook Formats

- ePub, PDF, MOBI, and More
- Self Help Framework Compatibility with Devices
- Self Help Framework Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Self Help Framework
 - Highlighting and Note-Taking Self Help Framework
 - Interactive Elements Self Help Framework
- 8. Staying Engaged with Self Help Framework
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Self Help Framework
- 9. Balancing eBooks and Physical Books Self Help Framework
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Self Help Framework
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Self Help Framework
 - Setting Reading Goals Self Help Framework
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Self Help Framework
 - Fact-Checking eBook Content of Self Help Framework
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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