

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 joy back 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, non-toxic ingredients.

Safe Choice: These products use a wide range of cleaning agents, including vinegar, baking soda, and essential oils. They are safe for your health and the environment.

Safe Choice: These products are made from natural, non-toxic ingredients. They are safe for your health and the environment.

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Breath in

Meditation offers a wide array of benefits for your mind and body.

❤️ **Stress Reduction:** Regular meditation practice can help lower blood pressure and reduce stress.

❤️ **Improved Concentration:** Meditation helps improve focus and concentration, which can lead to better performance at work or school.

❤️ **Enhanced Emotional Well-being:** Meditation can help reduce negative emotions like anger and anxiety, and increase positive emotions like happiness and peace.

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

28 Pages Practicing Self Love & Care



Self Help Framework

Sabine Zange



Self Help Framework:

Self Help Framework Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Self Help Framework**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Self Help Framework Introduction

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