

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 blood. Exercise also helps you feel good and lets you relax.

Using relaxation skills or breathing is helpful to reduce feelings of anxiety and stress. Try the 4-7-8 technique to help you relax.

Lean on friends, family, or support groups. They will help 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 top-rated cleaning products, several products stand out for their effectiveness and commitment to environmentally friendly ingredients. Here are some top

Scrubbing: This brand offers a wide range of cleaning products, including all-purpose cleaners, glass cleaners, and more. They use natural ingredients and are transparent about their

Multi-Surface: Products are designed to be safe for all surfaces, including wood, metal, and plastic. They use natural ingredients and are transparent about their

Disinfecting: This brand offers powerful disinfectants that are safe for use on all surfaces. They use natural ingredients and are transparent about their

Stain Remover: This brand offers powerful stain removers that are safe for use on all surfaces. They use natural ingredients and are transparent about their

Deodorizer: This brand offers powerful deodorizers that are safe for use on all surfaces. They use natural ingredients and are transparent about their

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

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