

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 and anxiety. Research shows that exercise can help you feel more in control of your life and less like you're overwhelmed.

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. Journaling, reading, painting, listening to your favorite song, practicing self-love, etc. Take time for yourself and find ways that you love to feel positive about yourself.

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 ingredients and avoid harsh chemicals.

Safe Choice: These products offer a wide range of cleaning power. They're safe for you, your family, and the environment. Look for products with natural ingredients and avoid harsh chemicals.

Safe Choice: These products are made from natural oils, vinegar, and water. They're safe for you, your family, and the environment. Look for products with natural ingredients and avoid harsh chemicals.

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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 stress levels and improve your overall well-being.

Improved Concentration: Meditation helps improve your focus and concentration, making it easier to stay on task and complete your work.

Enhanced Emotional Well-being: Meditation can help you manage your emotions and reduce feelings of anxiety and depression.

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

28 Pages Practicing Self Love & Care



Self Help Framework

Huangqi Zhang



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