

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 better about your life.

Using relaxation skills or breathing is a helpful tool 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 you with your feelings and concerns while also giving you perspective.

Reflect on what makes you happy. Building a sense of purpose, focusing on your favorite song, practicing self-compassion, etc. Take time for yourself and find ways that you love to help reduce stress.

CLEANING PRODUCT Clean Ingredients

When it comes to cleaning products, there are many options. Some products contain harsh chemicals and others are made with natural, eco-friendly ingredients. Here are some tips.

Read Labels: Look for a wide range of cleaning products. Some products contain harsh chemicals, while others are made with natural ingredients and are safer for the environment.

Use Natural Products: Some products are made from natural oils, vinegar, and lemon. These products are safe for the environment and your health.

Choose Eco-Friendly: Some products are made with eco-friendly ingredients and are safer for the environment.

Look for Certifications: Some products are certified by the Environmental Protection Agency (EPA) as being safe for the environment.

Read Reviews: Some products have a lot of reviews. Read reviews to see what other people think about the product.

Breath in

Meditation offers a wide array of benefits.

Stress Reduction
Regular meditation practice can help lower stress levels.

Improved Concentration
Meditation techniques often involve focusing on a single object, which can improve concentration.

Enhanced Emotional Well-being
Meditation can cultivate positive emotions such as happiness and reduce negative emotions like stress.

Better Sleep
Many people find that meditation helps improve their sleeping patterns and reduce insomnia.

28 Pages Practicing Self Love & Care



Self Help Framework

JA Banks



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