

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. Building a sense of purpose, focusing on your favorite song, practicing self-compassion, taking time for yourself, and doing what 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 top choices:

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.

Seventh Generation: This brand focuses on natural ingredients and biodegradable products. They use natural ingredients and are biodegradable.

Branch Basics: 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 levels of stress.

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

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

Better Sleep: Many people find that meditation helps improve the quality of their sleep.

28 Pages Practicing Self Love & Care



Self Help Framework

Léo Pomar



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