

# SELF CARE GUIDE

Real tangible ways to care for your mind & body

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## SIMPLE WAYS TO RELIEVE Stress & Anxiety

*My journal*

Feeling as good as new

My new checklist



Exercising regularly is good for both your physical and mental health. Just 30 minutes a day is all it takes! Even smaller amounts of exercise can still provide health benefits, so it's important to find a routine that works for you and fits into your lifestyle.

Using relaxation skills such as breathing & guided imagery can reduce feelings of anxiety and stress. Try the 4-7-8 breathing technique to help you relax.



Lean on friends, family, or support groups. They will help combat the stress and emotions while also giving perspective.



Identify in what makes you happy? Reading a book, painting, listening to your favorite song, watching TV, spending time with family and friends are just a few ideas to help reduce stress.

## CLEANING PRODUCT Clean Ingredients

When it comes to top-rated clean cleaning products, several products stand out for their effectiveness and commitment to environmentally friendly ingredients. Here are some of the best.

**Simple Green:** This brand offers a wide range of cleaning products, including all-purpose cleaners, disinfectants, and degreasers. They are known for their effectiveness and commitment to clean ingredients.

**Maid Fresh:** Products are derived from natural oils, vinegar, and peroxide. Products include their spray, all-purpose cleaner, and degreaser.

**Method:** Method offers a variety of cleaning products, including all-purpose cleaners, disinfectants, and degreasers. They are known for their effectiveness and commitment to clean ingredients.

**Seal of Wisdom:** This brand offers a variety of cleaning products, including all-purpose cleaners, disinfectants, and degreasers. They are known for their effectiveness and commitment to clean ingredients.

**Blueland:** This brand offers a variety of cleaning products, including all-purpose cleaners, disinfectants, and degreasers. They are known for their effectiveness and commitment to clean ingredients.

## Breatharian

Meditation offers a wide array of benefits.

- Stress Reduction: Regular meditation practice can help lower cortisol levels and reduce stress.
- Improved Concentration: Meditation techniques often involve focusing on a single point of focus, which can improve concentration and productivity.
- Enhanced Emotional Well-being: Meditation can cultivate positive emotions such as joy and peace, while reducing negative emotions like anger and anxiety.
- Better Sleep: Many people find that meditation helps improve the quality of their sleep and reduce insomnia.

28 Pages Practicing Self Love & Care



# Self Help Framework

**O García**



## **Self Help Framework:**

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