

# 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 bloodstream, so it's important to find a routine that works for you and fits into your lifestyle.

Using lavender oil or burning a scented candle can reduce feelings of anxiety and stress. Try the Pure Bliss™ diffuser to help you relax.

Lean on friends, family, or support groups. They will lend comfort in sharing your feelings and concerns while also gaining perspective.

Reflect on what makes you happy! Reading, a book, 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 eco-friendly ingredients. Here are some top

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

**Multi-Surface:** Products are designed to be safe on walls, floors, and furniture. They include their own, and

**Disinfecting:** This brand's disinfectant is formulated for killing germs and viruses without the use of harsh

**Stain Remover:** This brand focuses on both efficacy and eco-friendliness. Ingredients are carefully chosen to remove tough stains without harsh

**Essential Oil:** This brand offers a variety of cleaning products with natural ingredients. Their range includes all-purpose cleaners,

## 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

♥ **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

**Joseph N. Mojekwu, Wellington  
Thwala, Clinton Aigbavboa, Lawrence  
Atepor, Samuel Sackey**

## **Self Help Framework:**

## **Self Help Framework** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Self Help Framework**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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### **FAQs About Self Help Framework Books**

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