

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 releases endorphins, the body's natural painkillers, and helps you feel better.

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-compassion, etc. Take time for yourself and find ways to bring joy back into your life.

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, non-toxic ingredients.

Safe Choice: These products offer a wide range of cleaning options. They are safe for you, your family, and the environment.

Safe Choice: These products are made from natural, non-toxic ingredients. They are safe for you, your family, and the environment.

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Breath in

Meditation offers a wide array of benefits.

Stress Reduction: Regular meditation practice can help lower stress levels.

Improved Concentration: Meditation helps improve focus and concentration.

Enhanced Emotional Well-being: Meditation can help improve mood and reduce negative emotions.

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

28 Pages Practicing Self Love & Care



Self Help Framework

WJ Hussar



Self Help Framework:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Self Help Framework** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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citar algunas referencias se puede hablar en este marco de rojos intensos del rojo espectral tono del espectro

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rojizo verdoso azulado etc se refiere a la ligera variación de tono que un color hace en el círculo

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