

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 feel better. Exercise releases endorphins, which are natural mood lifters. It also helps you sleep better and gives you more energy.

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. Making a list of things you love to do, people you love, and places you love to visit can help you focus on the positive and find ways to bring more joy 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 ingredients and avoid harsh chemicals.

Safe Choice: These products use a wide range of cleaning agents, including vinegar, baking soda, and essential oils. They are safe for your health and the environment.

Safe Choice: These products are made from natural ingredients, such as vinegar, baking soda, and essential oils. They are safe for your health and the environment.

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Breath in

Meditation offers a wide array of benefits for your mind and body.

Stress Reduction: Regular meditation practice can help lower stress levels and improve your ability to handle stress.

Improved Concentration: Meditation helps improve your ability to focus and concentrate on tasks at hand.

Enhanced Emotional Well-being: Meditation can help you manage your emotions and improve your overall mood.

Better Sleep: Many people find that meditation helps improve their sleep quality and reduce insomnia.

28 Pages Practicing Self Love & Care

MADE BY A BREAST CANCER SURVIVOR



Self Help Framework

Terry C. Jones



Self Help Framework:

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membuat titik berat pita menentukan momen terhadap sumbu x m_x dan sumbu y m_y selanjutnya menghitung titik berat tersebut dengan integral 4 untuk menghitung momen inersia langkahnya dimulai dengan membuat pita sejajar dengan garis l sumbu x dan titik berat pita kemudian dibentuk hasil kali luas

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sep 7 2023 $x = 100$ 82104 mm 104 cm sementara untuk sumbu y karena masing-masing elemen siku $1100 \times 100 \times 10$ posisi titik berat c_y nya berjarak sama dari sumbu dasar maka titik berat gabungannya juga akan sama $y_{cy} = 271$ cm ada rumus umum mencari titik berat gabungan penampang berlaku juga untuk sumbu y

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aug 26 2017 sedangkan bola pejal berjari-jari 5 cm dan massa 4 kg jika kedua benda tadi berotasi dengan poros melalui pusatnya maka tentukan perbandingan momen inersia silinder dan bola jawab $m = 2 \text{ kg}$ $r = 8 \text{ cm}$ 102 mm $b = 4 \text{ kg}$ $r = 5 \text{ cm}$ 102 m momen inersia silinder pejal adalah $i = 12 \text{ m s}^2$ $r = 21228102264104 \text{ kg m}^2$

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besarnya momen inersia suatu benda bergantung terhadap beberapa faktor yaitu massa benda atau partikel geometri benda bentuk letak sumbu putar benda jarak ke sumbu putar benda lengan momen rumus momen inersia besarnya momen inersia i suatu benda bermassa yang memiliki titik putar pada sumbu yang diketahui dirumuskan sebagai berikut

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menentukan titik berat penampang berhubung momen inersia yang diinginkan akan dipergunakan dalam perhitungan lenturan maka momen inersia ini haruslah diperhitungkan terhadap sumbu yang melalui titik berat penampang keterangan luas $a = 40 \times 60 = 2400$ $30 \times 2400 = 72000$

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