

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 way 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 good things in 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: Products with natural ingredients like vinegar, baking soda, and lemon juice are safe for your health and the environment.

Avoid: Products with harsh chemicals like bleach, ammonia, and formaldehyde can be harmful to your health.

Safe Choice: Products with natural fragrances like essential oils are safer than synthetic fragrances.

Avoid: Products with synthetic fragrances can cause allergies and other health issues.

Safe Choice: Products with natural cleaning agents like citric acid and hydrogen peroxide are safe and effective.

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 mood.

Improved Concentration: Meditation helps you focus your mind and improve your ability to concentrate.

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

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

28 Pages Practicing Self Love & Care



Self Help Framework

Hongru Du



Self Help Framework:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Self Help Framework**

In some sort of inundated with screens and the cacophony of fast transmission, the profound energy and psychological resonance of verbal beauty frequently diminish into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, located within the musical pages of **Self Help Framework**, a interesting function of literary elegance that pulses with raw thoughts, lies an unique journey waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus courses readers on a mental odyssey, gently revealing the latent possible and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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