

How To Look After Your Guinea Pig A Practical Guide To Caring For Your Pet In Step By Step Photographs

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How To Look After Your

Make a strawberry smoothie to heal your skin inside-out. In a blender, combine 1 cup (200 grams) of strawberries, 1 cup (250 grams) of yogurt, and 1½ tablespoons of honey. Drink it and use the spread the rest on your face for a creamy face mask. Leave it there for 8 minutes, then wash it off.

How to Look After Your Skin (with Pictures) - wikiHow Life

How to Look After Your Mind and Body. Being Healthy and living a long happy life is important for each of us. The key is looking after both your mind and body. A healthy body can carry an even healthier mind. Read the article below for...

4 Ways to Look After Your Mind and Body - wikiHow

Looking after your wellbeing If you've heard of the term 'mental wellbeing' and don't know what it is, or you want to find out how you can look after your wellbeing and feel good, we're here to help you learn more .

Looking after your wellbeing | Mind, the mental health ...

Coronavirus: 8 ways to look after your mental health 1. Seek accurate information from legitimate sources. Limit yourself to reading information only from official sources... 2. Set limits around news on COVID-19. Try to avoid excessive exposure to media coverage. Constant monitoring of news... 3. ...

Coronavirus: 8 ways to look after your mental health

How to Look After Your Hair Method 1 of 4: Washing Your Hair. Avoid washing your hair every day. Try to wash your hair every 2-3 days, rather than... Method 2 of 4: Using Products and Brushes to Keep Your Hair Healthy. Determine what kind of hair you have. If you do not... Method 3 of 4: Using ...

4 Ways to Look After Your Hair - wikiHow

Try to create digital versions of your usual social activities – At first it’s a bit odd looking at a screen whilst drinking a cup of coffee and remembering that the person you’re taking to is incapable of passing you the sugar, but you soon get used to it.

Coronavirus: How to Look After Your Mental Health During ...

Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn’t need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today? 1. Talk about your feelings.

How to look after your mental health | Mental Health ...

50+ videos Play all Mix - How NOT To Look After Your Instrument! YouTube; We Try the Cheapest (and most useless) Violins from Amazon - Duration: 12:37. TwoSetViolin 2,156,833 views. 12:37. You ...

How NOT To Look After Your Instrument!

If you look at Windows 10 power settings, you will see one of the modes is a Battery saver mode that will help your battery last longer when it’s low on power.

How to Care For Your Laptop's Battery and Extend Its Life ...

Cleaning your tools may be the last thing you want to do after a day of work, but it's essential for keeping your tools in good shape. And it really only takes a few seconds per tool unless you've ...

How To Take Care of Your Tools - Lifehacker

Grab ArmorAll's cheap but awesome vacuum, to clean the inside of your car, a bottle of Optimum's car wash for the outside of your car, and make your car look brand new.

How To Take Care Of Your Car Like A Grown Ass Adult

Be sure your artist covers your new tattoo in a thin layer of petroleum jelly and a bandage. Remove the bandage after 24 hours. Gently wash the tattoo with antimicrobial soap and water and pat dry.

Tattoo Aftercare: How To Take Care of a New Tattoo

“Try using an alarm to signal the end of your working day — choosing the hour, or even the minute, that you can press the ‘off’ button, put down your pen, and leave the home office,” she ...

How to look after your mental health during a pandemic

Kidneys are vital to your overall health, so it's important to look after them. Five simple lifestyle steps can help you keep them in good shape. Stay hydrated. Drinking plenty of fluid will help your kidneys function properly. Your urine should be straw-coloured. If it's any darker it may be a sign of dehydration.

Keeping your kidneys healthy - NHS

How to look after your family's mental health when you're stuck indoors. ... Ration your intake of information. The World Health Organisation (WHO) has some excellent advice, including to avoid looking at the news constantly - limit yourself to a couple of times a day. (A constant stream of updates can be very disorientating.)

How to look after your family's mental health when you're ...

How to look after your kidneys Last Reviewed May 2017 Page 3 Enjoy some exercise The benefits of regular exercise are wide-reaching. Not only can it help to reduce and maintain weight, it can also reduce the risk of developing heart disease, diabetes, and kidney disease. You only need to exercise for 30 minutes on at least five days of the

How to look after your kidneys fact sheet

Photo: Erika Raxworthy 3. Water According to the Season. Just like us, succulents need more energy when they're in a period of growth. During the spring and summer, the plants are thriving and ...