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# What's *what* FSKM

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- Interactive Infographic using Genially
- Parallel vs Perspective Projection in Computer Graphic
- Self-Healing Ideas



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# Self-Healing Ideas

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## 1 Exercise

Physical activity can improve your blood flow to the brain, help you control your weight, lower your risk of disease, strengthen your bones and muscles, and increase your ability to complete everyday tasks.



## 2 Yoga

Yoga helps to improve strength, balance and flexibility. Slow movements and deep breathing help to increase blood flow and warm up muscles while holding a pose can build strength. Hence, these might help manage stress, anxiety, and even blood pressure.



## 3 Getting good sleep

Show yourself that you care for yourself. Lack of sleep can also contribute to higher levels of stress hormones like norepinephrine and epinephrine [1]. Therefore, to be more productive and focused everyday is recommended to get 8 hours of sleep







## 4 Join a Support Group

Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another. It helps to reduce stress, depression, anxiety or fatigue.

A support group can provide you with a safe place to talk and process emotions and make you feel less alone.

## 5 Go for a Walk in Nature

Physical self-care requires that you include movement in your regular activities. Research show that regularly walking in nature is also linked to improving mental health [2].



[1] Zeng, X., Chiu, C. P., Wang, R., Oei, T. P., & Leung, F. Y. (2015). The effect of loving-kindness meditation on positive emotions: a meta-analytic review. *Frontiers in psychology*, 6, 1693.

[2] Coventry, P. A., Brown, J. E., Pervin, J., Brabyn, S., Pateman, R., Breedvelt, J., Gilbody, S., Stancilffe, R., McEachan, R., & White, P. L. (2021). Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis. *SSM - population health*, 16, 100934. <https://doi.org/10.1016/j.ssmph.2021.100934>