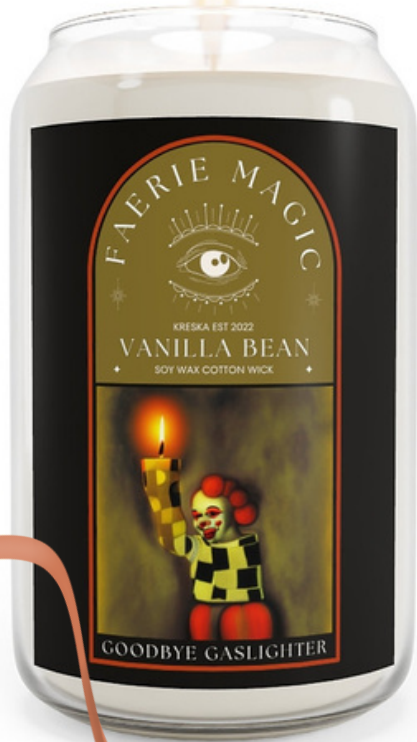


Breaking Free

from Gaslighters: A Journey to Self-Growth



Goodbye Gaslighter!

Allowing yourself space & time away from any negative influences will undoubtedly benefit both mental health & well-being significantly – so why not give it a try? Start embracing life again today & reap the rewards tomorrow!

www.kreska.shop

Practicing Self Care During Transitioning Periods

It is important that we take care of ourselves during transitional periods such as these as they can be emotionally draining at times—and especially if dealing with toxic people who have had an impact on our lives in some way or another throughout our journey (e.g., friends/romantic partners). Practicing mindfulness techniques like yoga or journaling can be extremely helpful when trying to navigate through these types of situations; however, sometimes we need something tangible that we can use in order for us to truly relax—this is where Kreska.shop meditation candles come into play! We recommend lighting the Goodbye Gaslighter meditation candle whenever possible—whether it be before bedtime or during a relaxing bath—as its soothing blend of natural essential oils will help create an atmosphere conducive for relaxation while also boosting one's mood overall!

