

Tips to Relieve Stress

Exercise

Take a nap

Play with a pet

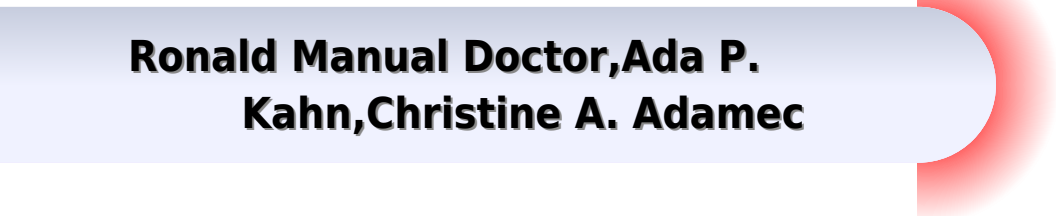
Meditate

Listen to music



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**Ronald Manual Doctor,Ada P.
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