

Stress Relieving Strategies

Practice deep-breathing
and meditation



Set small goals



Seek out social support from
friends and family



Exercise regularly
(especially when stressed)



Try aromatherapy



Focus on positive aspects of
your day



Stress Relief Top

Christian G. Meyer



Stress Relief Top:

Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Stress Relief Top** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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