

BENEFITS OF REDUCING STRESS

01

Better sleep



02

Lower blood pressure



03

Boosted immune system



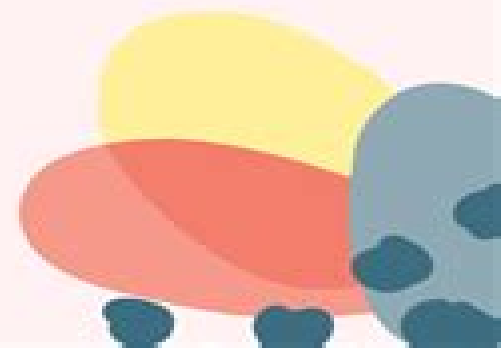
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Reduced muscle tension



05

Improved digestion



Reducing Stress

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