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HOW TO RELIEVE STRESS AND ANXIETY

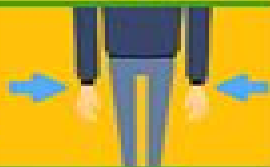
6 PRACTICES TO RELIEVE STRESS

FEEL
YOUR
BODY



FEEL YOUR BODY FROM WITHIN.
FEEL ITS ENERGY.

FEEL
YOUR
HANDS



IF FEELING YOUR BODY IS DIFFICULT
FOR YOU, TRY TO FEEL ONLY YOUR HANDS.

FOCUS ON
YOUR
BREATH



TAKE FEW CONSCIOUS BREATHS
IN-AND-OUT

LOOK FOR
THE
SILENCE



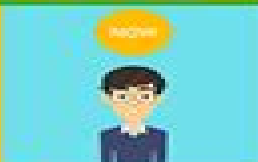
ALL SOUNDS ARE COMING OUT OF SILENCE.
LOOK FOR THE SILENCE AMONG THE SOUNDS.

WAIT FOR
YOUR NEXT
THOUGHT



OBSERVE YOUR MIND LIKE A RABBIT HOLE.
WAIT FOR YOUR NEXT THOUGHT. LET IT GO.

ACCEPT
NOW AS
IT IS



ACCEPT FULLY THE PRESENT MOMENT AS IT IS

Relieve Stress And Anxiety Double

S Nieto



Relieve Stress And Anxiety Double:

Ignite the flame of optimism with Crafted by is motivational masterpiece, Find Positivity in **Relieve Stress And Anxiety Double** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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