

STRESS MANAGEMENT TECHNIQUES



- ◆ Immediate Stress Relievers
- ◆ Long-Term Stress Reduction Strategies
- ◆ Developing Stress-Relieving Habits
- ◆ Eliminating & Reducing Stressors
- ◆ Creative Outlet
- ◆ Integrating Spiritual and Philosophical Practices
- ◆ Emotional & Psychological Strategies
- ◆ Managing Nutrition & Diet
- ◆ Sleep Hygiene

Relaxation Modern Techniques For Stress Management

Katrin Zwirgmaier



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