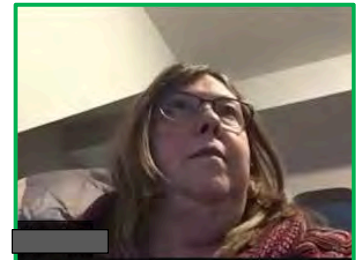
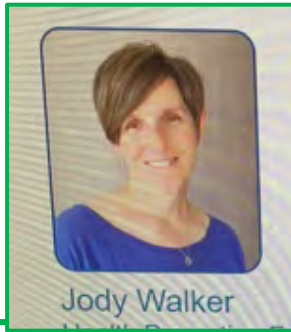
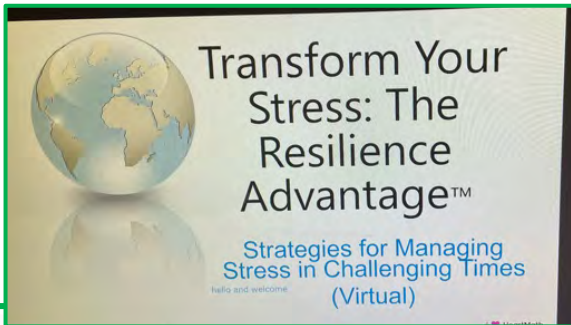


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What things help us to manage stress?

walking
reading or writing
Zumba
listening to music
daily walk outside, regardless of weather
Yoga
Reading
Hugging
tv shows
Fresh air and sunshine
sleep
Staying in contact
golfing
music
silly pet videos
being active

