



### EXERCISE

Exercising releases endorphins, which can help reduce stress and improve mood.



### SPA

Spa treatments like massages and facials can help reduce stress and improve skin health.



### SOCIAL NETWORK

Connecting with friends and family can provide emotional support and reduce stress.



### MEDITATION

Meditation can help reduce stress, improve focus, and increase self-awareness.



### PRACTICE BREATH MEDITATION

Deep breathing exercises can help reduce stress and improve concentration.



### READ A BOOK

Reading can provide a temporary escape from stress and improve mental health.



### LISTEN TO MUSIC

Listening to music can help reduce stress, improve mood, and increase energy.



### YOGA

Yoga can help reduce stress, improve flexibility, and increase self-awareness.



### PLAYING WITH PET

Playing with a pet can help reduce stress, improve mood, and increase self-awareness.

# 9 EASY WAYS TO MANAGE STRESS

and

# Relax

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# Stress Relief Tips

**Jianjun Gao**



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