

RELIEVE STRESS IN 10 MINUTES

1

EXPRESS
GRATITUDE

1

BREATHE
DEEP

2

PROGRESSIVE
MUSCLE
RELAXATION

6

TAKE IT
OUTSIDE

3

GIVE YOGA
A TRY

5

USE YOUR
NOSE

4

TIDY UP

WELLNESS BENEFITS ALL



Tips Stress Relief

Annelies Wilder-Smith



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