



EXERCISE

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



SPA

Spa treatments can help you relax and de-stress.



SOCIAL NETWORK

Connecting with friends and family can help you feel supported.



MEDITATION

Meditation can help you focus and reduce stress.



PRACTICE BREATH MEDITATION

Deep breathing exercises can help you relax and de-stress.



READ A BOOK

Reading can help you escape your daily stressors.



LISTEN TO MUSIC

Listening to music can help you relax and de-stress.



YOGA

Yoga can help you improve your flexibility and reduce stress.



PLAYING WITH PET

Playing with your pet can help you relax and de-stress.

9 EASY WAYS TO MANAGE STRESS

and

Relax

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Stress Relief Tips

Paul MacKie



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College, the idea of getting a ... "The Glass Menagerie," Scene One and Scene Two, by ... 41 Scene 1. 352 The Wingfield apartment is in the rear of the building, one of those vast hive-like conglomerations of cellular living-units that flower as ... Tennessee Williams - The Glass Menagerie (Scene 7) A moment after the curtain rises, the lights in both rooms flicker and go out.] JIM: Hey, there, Mr Light Bulb ! [AMANDA laughs nervously. LEGEND: 'SUSPENSION ... The Glass Menagerie: Acting Edition: Tennessee Williams A new introduction by the editor of The Tennessee Williams Annual Review, Robert Bray, reappraises the play more than half a century after it won the New York ...