

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

SB Merriam



Tips Stress Relief:

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john ronald reuel tolkien writer artist scholar linguist known to millions around the world as the author of the lord of the rings tolkien spent most of his life teaching at the university of oxford where he was a distinguished academic in the fields of old and middle english and old norse his creativity confined to his spare time

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j r r tolkien john ronald reuel tolkien cbe frsl 'ru:l 'tɒlki:n rool tol keen a 3 january 1892 2 september 1973 was an english writer and philologist he was the author of the high fantasy works the hobbit and the lord of the rings from 1925 to 1945 tolkien was the rawlinson and bosworth professor of anglo saxon and a

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3 january 1892 2 september 1973 john ronald reuel tolkien 1892 1973 was a major scholar of the english language specialising in old and middle english twice professor of anglo saxon old english at the university of oxford he also wrote a number of stories including most famously the hobbit 1937 and the lord of the rings 1954 1955

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current region germany england place of origin kreuzburg east prussia members j r r tolkien the tolkien family is an english family of german descent whose best known member is j r r tolkien oxford academic and author of the fantasy books the hobbit the lord of the rings and the silmarillion

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