

A woman with her hair in a bun, wearing a green long-sleeved top and blue pants, is sitting in a meditative lotus position in the middle of a shallow stream. The water is clear and reflects the surrounding greenery. Sunlight filters through the trees in the background, creating a peaceful and serene atmosphere. The scene is framed by lush green foliage and large rocks.

SCIENCE-BACKED STRESS RELIEF

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M Walker



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