

# HOW TO INSTANTLY FEEL BETTER



Overthinking:  
**Write**



Tired:  
**Nap**



Anxious:  
**Meditate**



Sad:  
**Exercise**



Stressed:  
**Go for a Walk**



Angry:  
**Listen to Music**



Lazy:  
**Reduce Screen Time**



Burn Out:  
**Read**

# You Could Feel Good

**J Spring**



**You Could Feel Good:**

Delve into the emotional tapestry woven by Crafted by in **You Could Feel Good** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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