What to do when you get stressed

Close your eyes



Exercise





Spend time outside



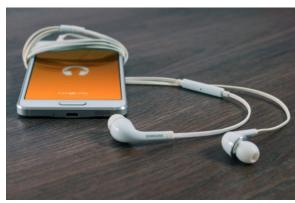


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Take deep breaths



Listen to music



Talk to family or friends



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