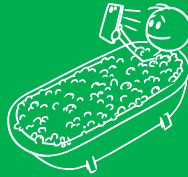


#WellbeingWarriors

#HowToBeARelaxedWarrior

Take slow, deep
breaths



Soak in a
warm bath

Listen to
soothing music



Practice mindful
meditation

Write about
your feelings



Guided imagery
(Click for more info)

Relax your body
by getting a massage



Do yoga



(Please click the block for practical example.)

Progressive
muscle relaxation

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