

RELIEVE STRESS IN 10 MINUTES

1

EXPRESS
GRATITUDE

1

BREATHE
DEEP

2

PROGRESSIVE
MUSCLE
RELAXATION

3

GIVE YOGA
A TRY

4

TIDY UP

5

USE YOUR
NOSE

6

TAKE IT
OUTSIDE



WELLNESS BENEFITS ALL

Guide To Stress Relief

Jicheng Xie



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