

Ten ways to relax your stress away

1. Breathe deeply.
2. Stretch. Try yoga or tai chi.
3. Exercise aerobically.
4. Take a warm bath.
5. Get a massage.
6. Eat healthfully.
7. Let it all out: Laugh, Cry, Sing, or Talk.
8. Have guilt-free fun.
9. Hang out with people who you can relax with.
10. Drink calming liquids e.g. chamomile tea, warm milk.



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