



BEST GUIDE OF RELAXATION

ENSURE THAT YOU
HAVE TIME TO RELAX.



LIVE A HEALTHIER
LIFESTYLE BY EATING
HEALTHY FOOD AND
EXERCISE ON A
REGULAR BASIS

CONSIDER TAKING AN
EMOTIONAL TIME-OUT
FOR RELAXATION IF
NECESSARY



SEEK HELP

ALWAYS REMEMBER
THAT SLEEP IS NOT
SOMETHING YOU MUST
DO TO RELAX



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