



5 habitudes à réaliser pour sa santé mentale

1. Accueillir ses émotions
2. Faire de l'exercice physique
3. Prendre le temps de se reposer
4. Cultiver les relations positives
5. Pratiquez la gratitude

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Entre Résilience Et Résonance Aggrave Le Recours Des Émotions:

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