

Stress Management



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What are some of the things I can do to train my brain to be stress free? You have to decide what you may want to try first and see what will work for you. Some people may like to read, which is good for you to be lose in times with a good book. Others like to just walk or even work out. Working out is a good way to get rid of stress so if your stressed you are doing something healthy for your body.

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