MEDITATING HUMAN

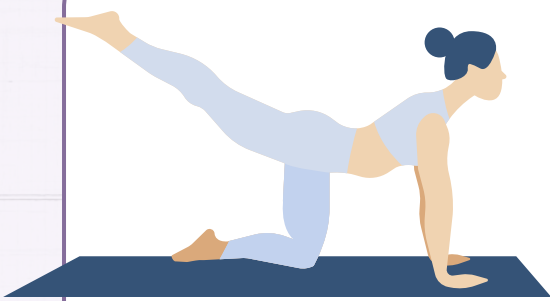# Beat Stress with These Tips
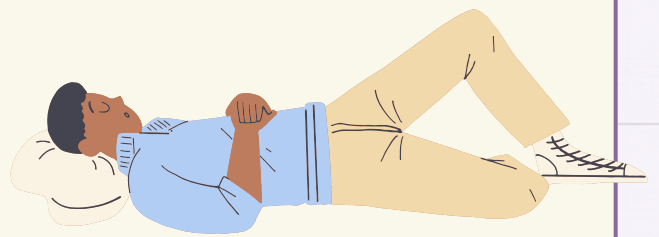
1.
EXERCISE REGULARLY

2.
GET ENOUGH SLEEP

3.
DO SOMETHING YOU ENJOY

4.
PRACTICE RELAXATION TECHNIQUES