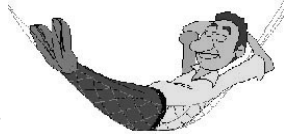


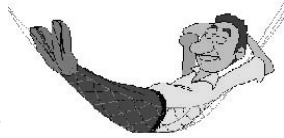
## Relaxation Tips

- Do activities that relax you.
- Take a hot bath or shower.
- Listen to relaxing music.
- Drink a hot, non-caffeinated beverage.
- Ask for help if you're stressed or upset.



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## Relaxation Tips

- Practice relaxation exercises like deep breathing and progressive muscle relaxation.
- Try Yoga and Tai Chi.
- Learn to meditate.
- Maintain a support network of family and friends who you can talk to.



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