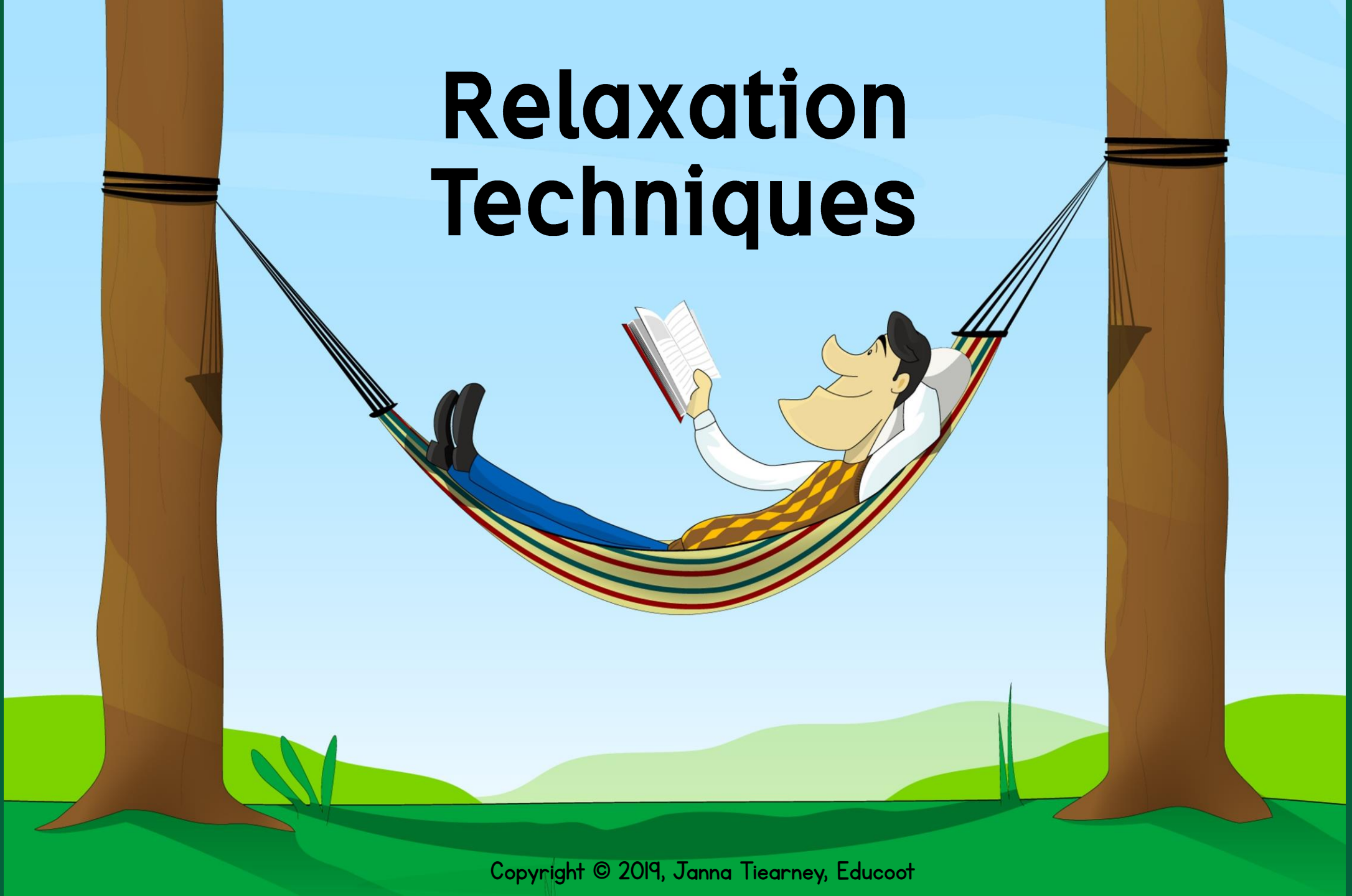


Relaxation Techniques



RELAXATION



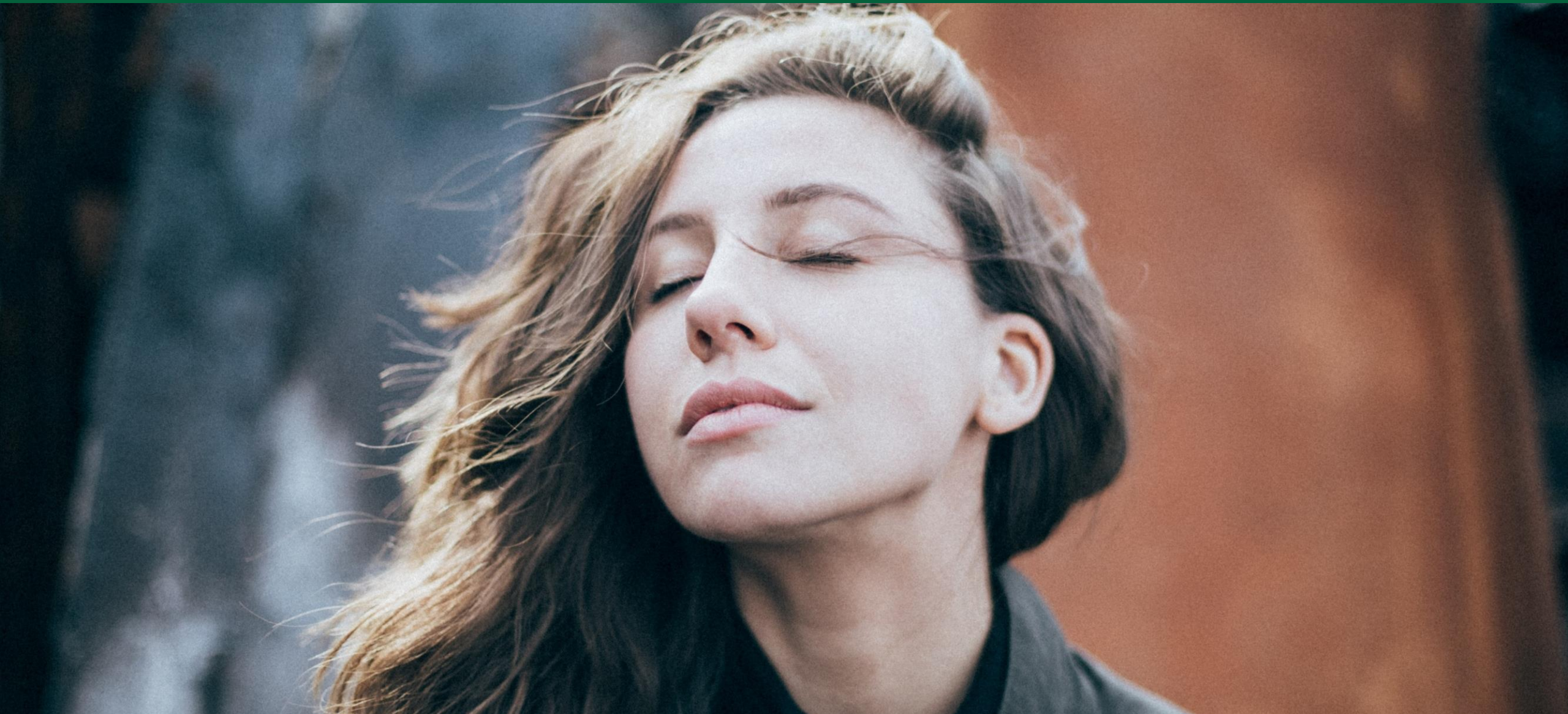
YOGA



MEDITATION



BREATHING



TAI CHI



REIKI



MINDFUL EATING



SLEEP



WALKING



CYCLING



EXERCISE



WATER



VISUALISATION



HUMOUR



FAMILY AND FRIENDS



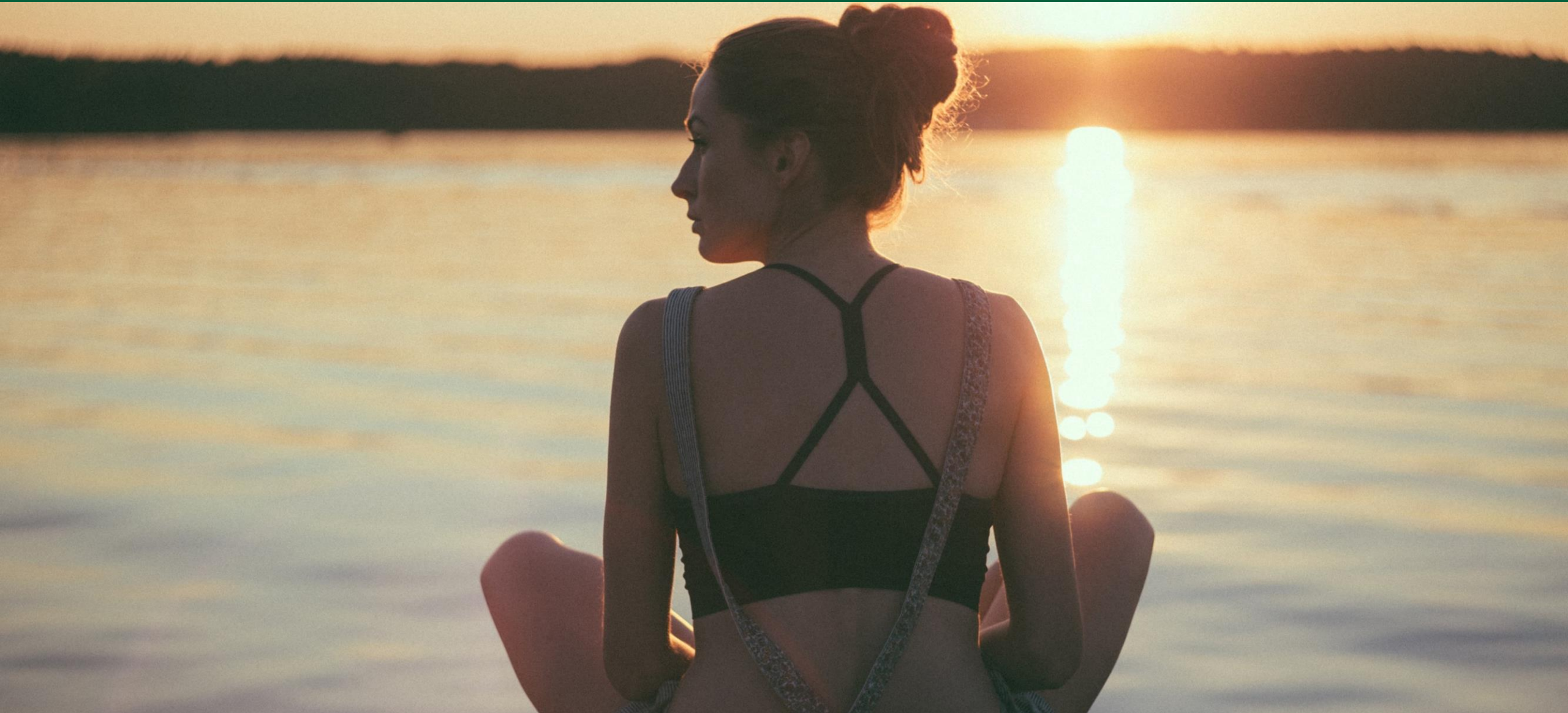
NATURE



MASSAGE



MINDFULNESS



PETS



WORK-LIFE BALANCE



MUSIC



GRATEFULNESS



READING



FUN



HOBBY



JOURNAL



DECLUTTER



WHICH DO YOU PRACTISE?

- Relaxation
- Yoga
- Meditation
- Breathing
- Tai chi
- Reiki
- Mindful eating
- Sleep
- Walking
- Cycling
- Exercise
- Water
- Visualisation
- Humour
- Family and friends
- Nature
- Massage
- Mindfulness
- Pets
- Work-life balance
- Music
- Gratefulness
- Read
- Fun
- Hobby
- Journal
- Declutter

