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Volume 10

*Look Good.
Feel Great!*



Manage stress

Use the STOP technique for quick stress relief...

- **S**top for a moment
- **T**ake a few steady breaths – inhale and exhale
- **O**bserve your body sensations, thoughts and emotions. You don't have to change anything immediately, just be aware of what's happening.
- **P**roceed with your day

(Source: A Mindfulness-Based Stress Reduction Workbook by Bob Stahl and Elisha Goldstein).

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