

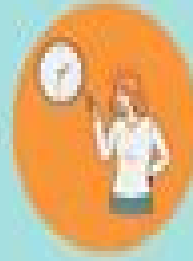
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Meditation



Writing



Time
management



Exercises



Drinking Herbal
Tea



Spending Time
With Pet & Animals



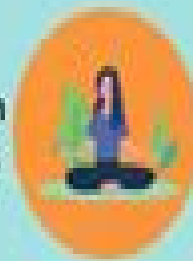
Aromatherapy



CBD Oil



Relaxation
Exercises



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Treatment



Anxiety Relief Top

**George F. Koob, Michael A.
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