

8 Easy Ways to Reduce Stress Naturally, Right Now

1. Take a deep breath.
2. Ask for a hug.
3. Listen to some music.
4. Make yourself a cup of soothing tea.
5. Put your feet up.
6. Ask for help.
7. Plan your self-care time, then visualize when you feel your stress level rising.
8. Work with a holistic health care practitioner to find an herbal protocol to support your body during times of chronic stress.

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