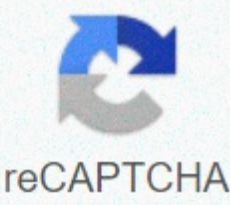




I'm not robot



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Name 5 things anxiety

Difficult thoughts and feelings In a small study of women recovering from anorexia, 74% of participants who received knitting lessons reported that activity provided a welcome distraction. Similarly, 74% said knitting was relaxed and comforting, while 53% said it made them feel proud, satisfied and successful. We're not saying you should skip happy hours. A lot of people drink alcohol to relax and relax at the end of the day, but do so in moderation. If you're going to drink less, it's because too much can really give anxiety a recovery, Clark said. In addition, evenings of imbibing can mess with your sleep and quality sleep on a regular basis, allowing anxiety to check. Check

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