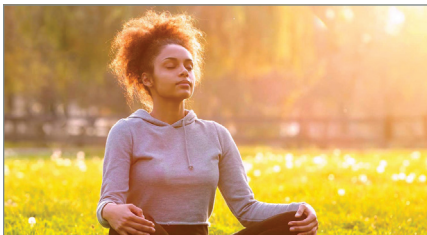


# SKILLS TO RELIEVE TENSION & FIND CALM

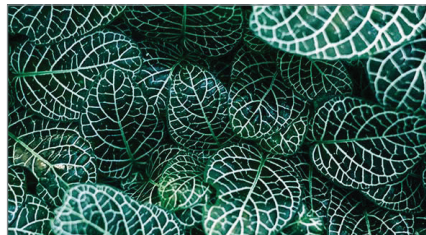
## REDUCE YOUR STRESS AND ANXIETY FOR A BRIGHTER DAY

Learn to relax



[mystrength.com/r/relax](https://mystrength.com/r/relax)

Notice your breathing



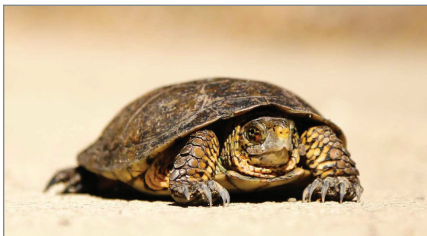
[mystrength.com/r/mindful-breathing](https://mystrength.com/r/mindful-breathing)

Imagine a beach



[mystrength.com/r/beach-visual](https://mystrength.com/r/beach-visual)

Slow down



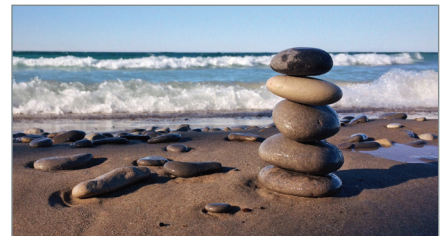
[mystrength.com/r/slow](https://mystrength.com/r/slow)

Peace and quiet



[mystrength.com/r/quiet-time](https://mystrength.com/r/quiet-time)

Inner stillness



[mystrength.com/r/surface-and-deep](https://mystrength.com/r/surface-and-deep)

### My plan:

Where will I access myStrength?

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When will I use myStrength?

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