

smartfriendz

How to relieve stress

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INTRODUCTION

People tend to get sucked into the vortex when they are confronted with obstacles, tension, and stress. Negative feelings have the potential to overpower you to the point that you feel trapped. If it sounds familiar, try incorporating fun, stress-free activities into your daily routine. You can use them to create a positive mental environment and reduce the effects of stress in your life. Beside, you can try [Eggy Car](#) to relax.

