



Reduce Stress and Anxiety by Managing Your Nervous System

Course completed by Anastasiia Mokhonko

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Top skills covered

Stress Management

A stylized, handwritten signature in black ink that reads "Dan Rodnitzky".

Head of Global Content, Learning



Certificate ID: b45f319fb6f6cce02e2e0b71f1af1c7dbbeb2a32a5504ffa486aa2f7bc01d096