

Happiness



Anger



Stress



Energy

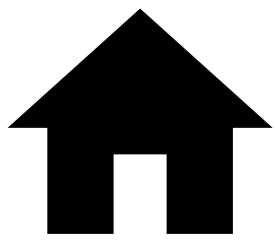


Worry



Save

Menu



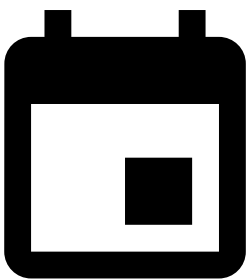
Home



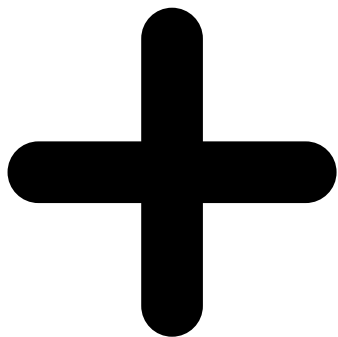
Your day



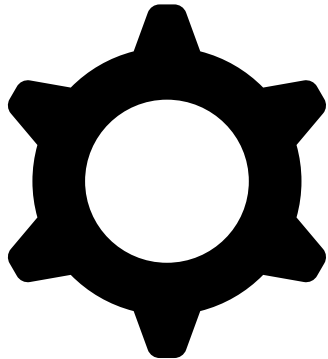
For you



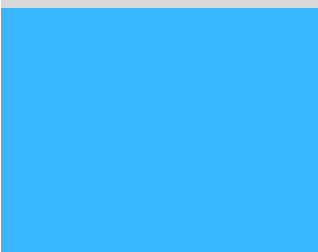
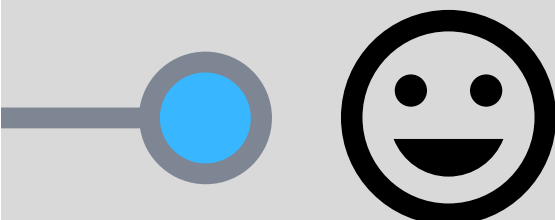
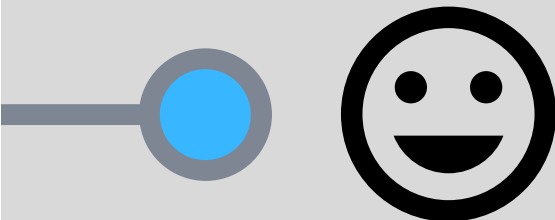
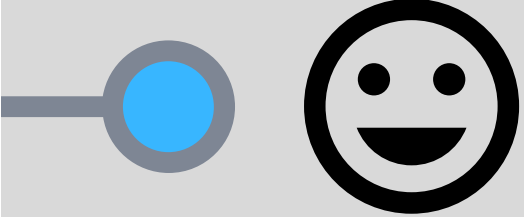
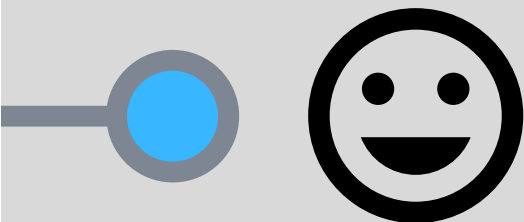
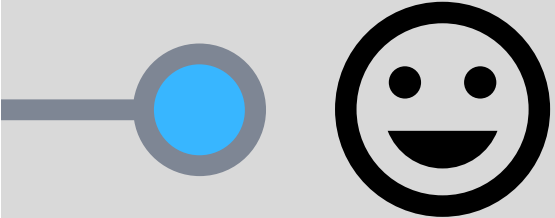
History



Submit a suggestion

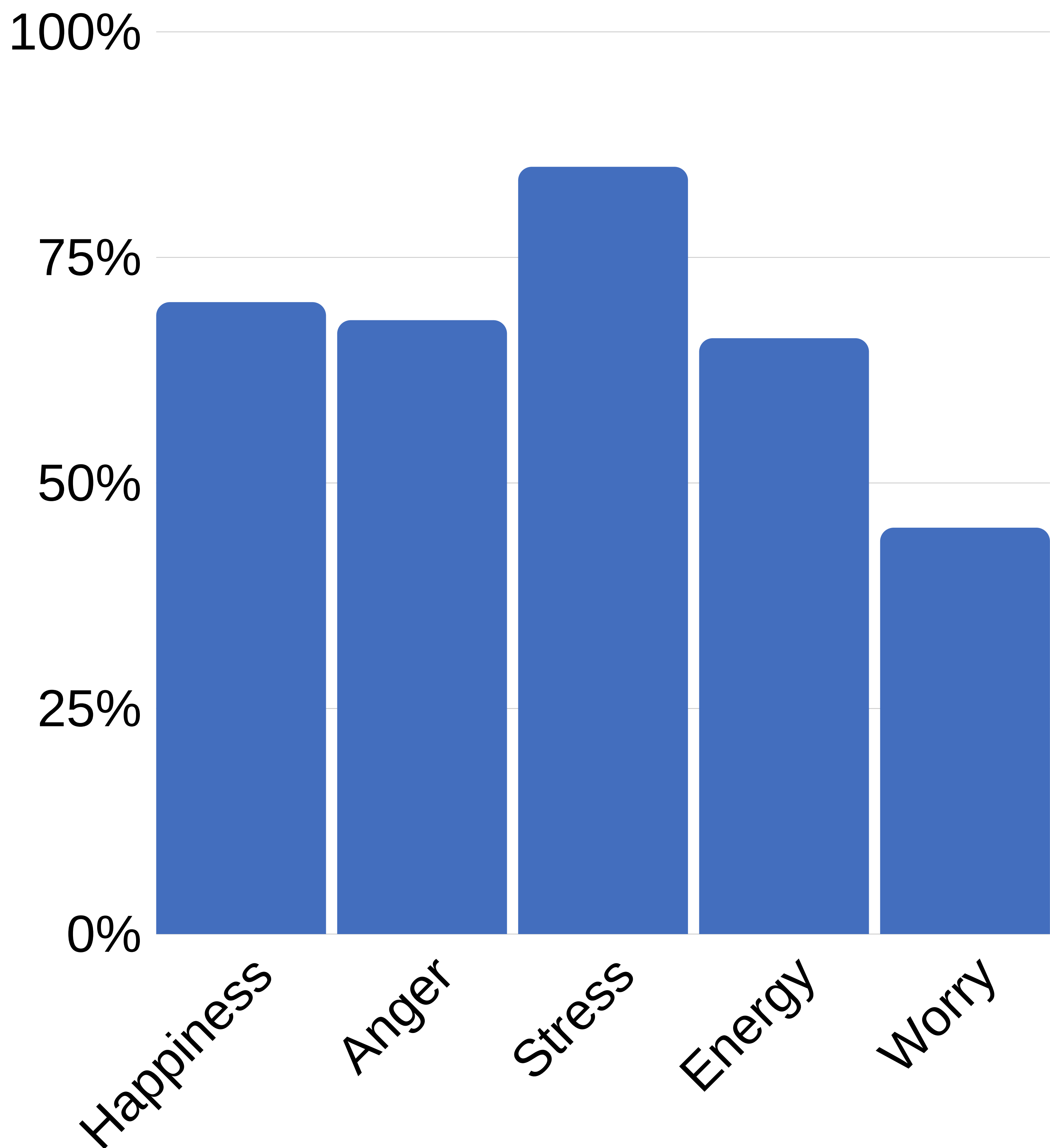


Settings





YOUR DAY

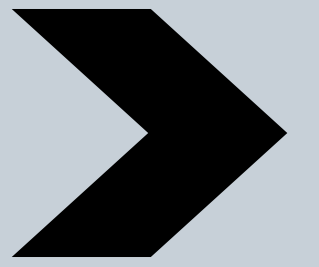




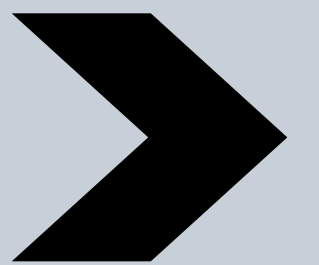
FOR YOU

You seem stressed, try this advice!

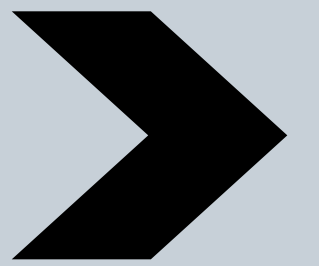
Exercise



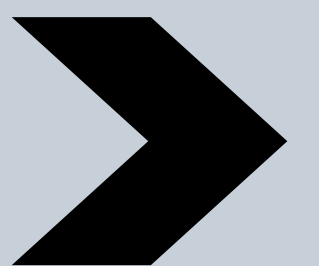
Laugh



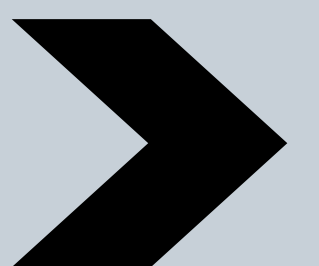
Caffeine



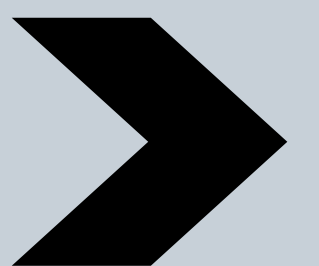
Chew Gum



Mindfulness

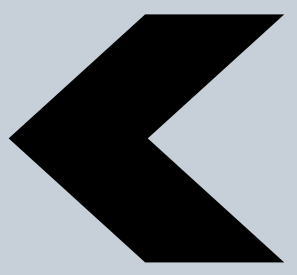


Music





FOR YOU



Exercise

Exercise is one of the most important things you can do to combat stress.

People who exercise regularly are less likely to experience anxiety than those who don't exercise.

Try to find an exercise routine or activity you enjoy, such as walking, dancing, rock climbing or yoga. Activities - such as walking or jogging - that involve repetitive movements of large muscle groups can be particularly stress relieving.

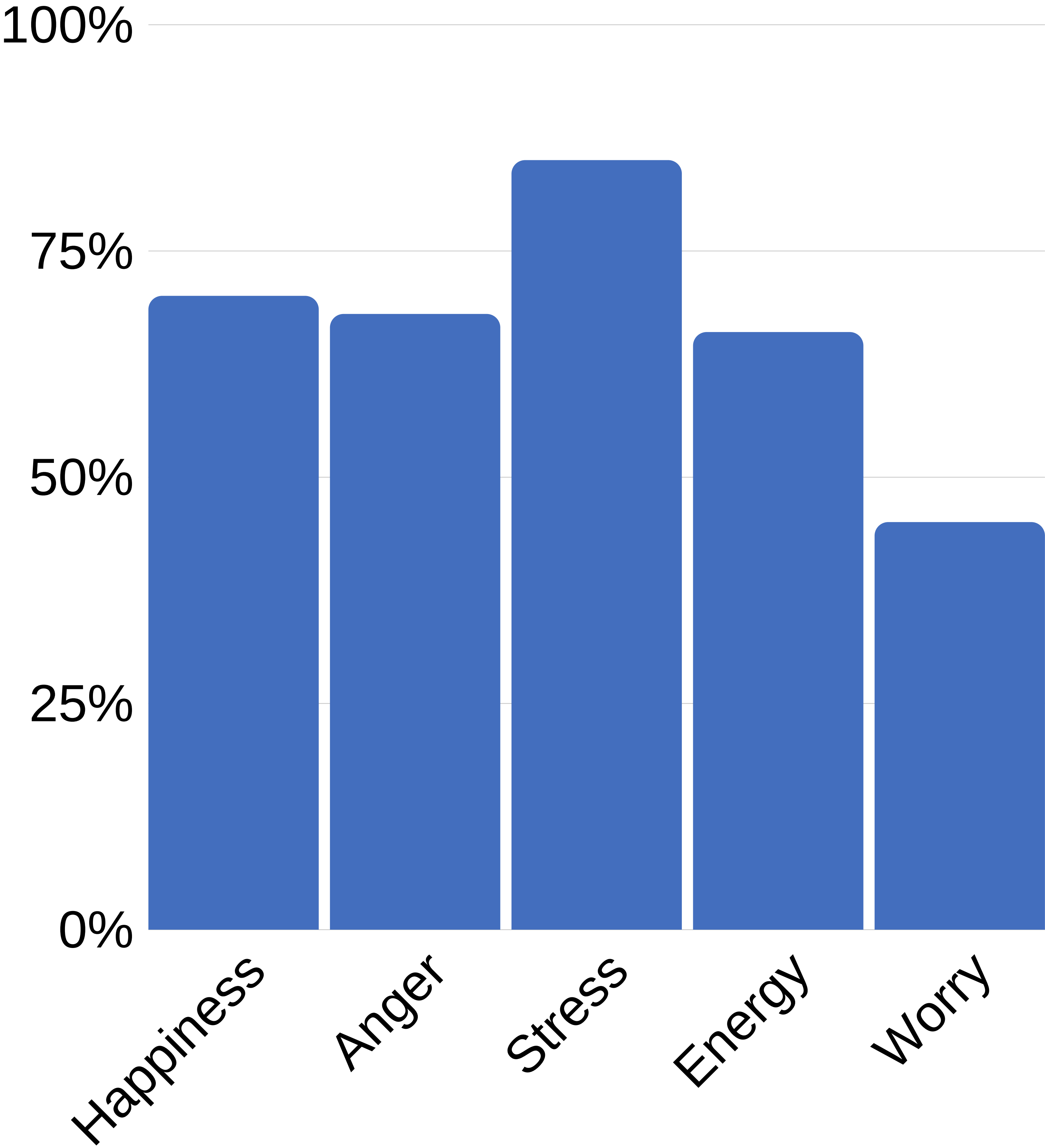


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History

All time





Submit a suggestion

What is your advice for?

Stress/anxiety



Sum up your suggestion in one word.

Breathing

What is your title?

**Breathing exercises can help
you relax |**

Add your content!

**Improper breathing can upset
the oxygen and carbon dioxide
exchange and contribute to
anxiety, panic attacks, fatigue,**

Submit

Dark mode

About



About

Devs: Two One kid from Cardiff. Version: 0.1.1 Proudly made with 0, 0, 0, 0, 0, 0, 0, and built on 0.