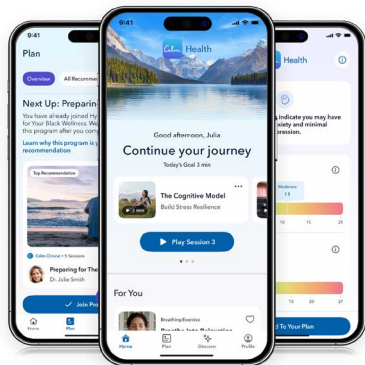




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- Build skills to manage stress
- Practice mindfulness
- Improve focus
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