

Calm in a Busy Life

Simple, practical ways to handle stress, quiet a busy mind, protect your energy and build small moments of calm into every day.

E-BOOK · US LETTER

- Quick calming tools you can use anywhere
- Daily rhythm for more energy
- Stress map, worry time and self-care plan

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Simple, practical ways to handle stress, quiet a busy mind, protect your energy and build small moments of calm into every day.

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This e-book offers general wellbeing ideas for everyday stress. It is not therapy or medical advice and does not replace professional help. If you are struggling, feel persistently low or anxious, or have thoughts of harming yourself, please contact your doctor, a mental health professional or a crisis line right away. In the United States you can call or text 988.

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