

# Tips to Relieve Stress



Exercise



Take a nap



Play with a pet



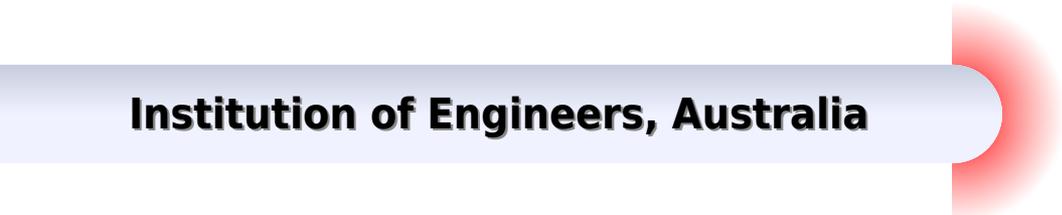
Meditate



Listen to music

# Stress Relief Top

**Institution of Engineers, Australia**



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