

9 EASY WAYS TO MANAGE STRESS



EXERCISE

Exercising releases endorphins, which can help reduce stress and improve mood.



SPA

Spa treatments can help you relax and unwind, which can help reduce stress.



SOCIAL NETWORK

Connecting with friends and family can help you feel supported and reduce stress.



MEDITATION

Meditation can help you focus on the present moment and reduce stress.



**PRACTICE BREATH
MEDITATION**

Practicing breath meditation can help you relax and reduce stress.



READ A BOOK

Reading a book can help you escape reality and reduce stress.



LISTEN TO MUSIC

Listening to music can help you relax and reduce stress.



YOGA

Yoga can help you relax and reduce stress.



PLAYING WITH PET

Playing with a pet can help you relax and reduce stress.

and

Relax

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solute per kilogramme of solution

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with 1200 ml of 2m hno3 if the final density of solution is same as pure water then molarity of the iron in resulting solution

which decides the nature of the above solution is 1 0 25m 2 0 5m 3 0 888m 4 none of

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of the solution at that temperature $m \cdot d$ $m \cdot d$ which is more important molality or molarity both molality and molarity are

concentration units and they are used interchangeably

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