

A woman with her hair in a bun, wearing a green long-sleeved top and blue pants, is sitting in a meditative lotus position in a shallow stream. The water is clear, reflecting her and the surrounding greenery. Sunlight filters through the trees in the background, creating a peaceful atmosphere. A red banner with white text is positioned at the top right of the image.

***SCIENCE-BACKED STRESS RELIEF***

***Edition Time***

# Stress Relief 2025 Edition

**Ian Pickup**



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