

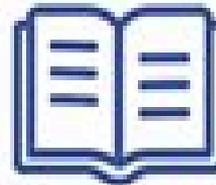
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Reduces stress



Forest path
Boosts mood



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Enhances self-reflection



Breathing exercise
Promotes relaxation



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Fosters creativity



Laughing
Boosts mood



Laughing
Boosts mood



Phone
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Improves focus



Heart and hand
Cultivates compassion



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Reduces anxiety



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Gamming Is Mind Refreshing Gamming Is Mind Refreshing

Mark Steyvers



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