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5 Ways To Relieve Stress Now S - Blue Cross And Blue ... Feel Your Stomach Rise. Hold For A Second, Then Slowly Exhale Through Your Mouth As You Count To Four. Feel Your Stomach Fall. 5. Go For A Walk. Exercise Can Relieve Tension And Improve Your Mood. It Doesn't Need To Be Intense—just Get Out And Get Moving. Finally, If Your Stress Is Overwhelming You

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