

*List 5 Ways to Manage Stress Through the Holidays!*

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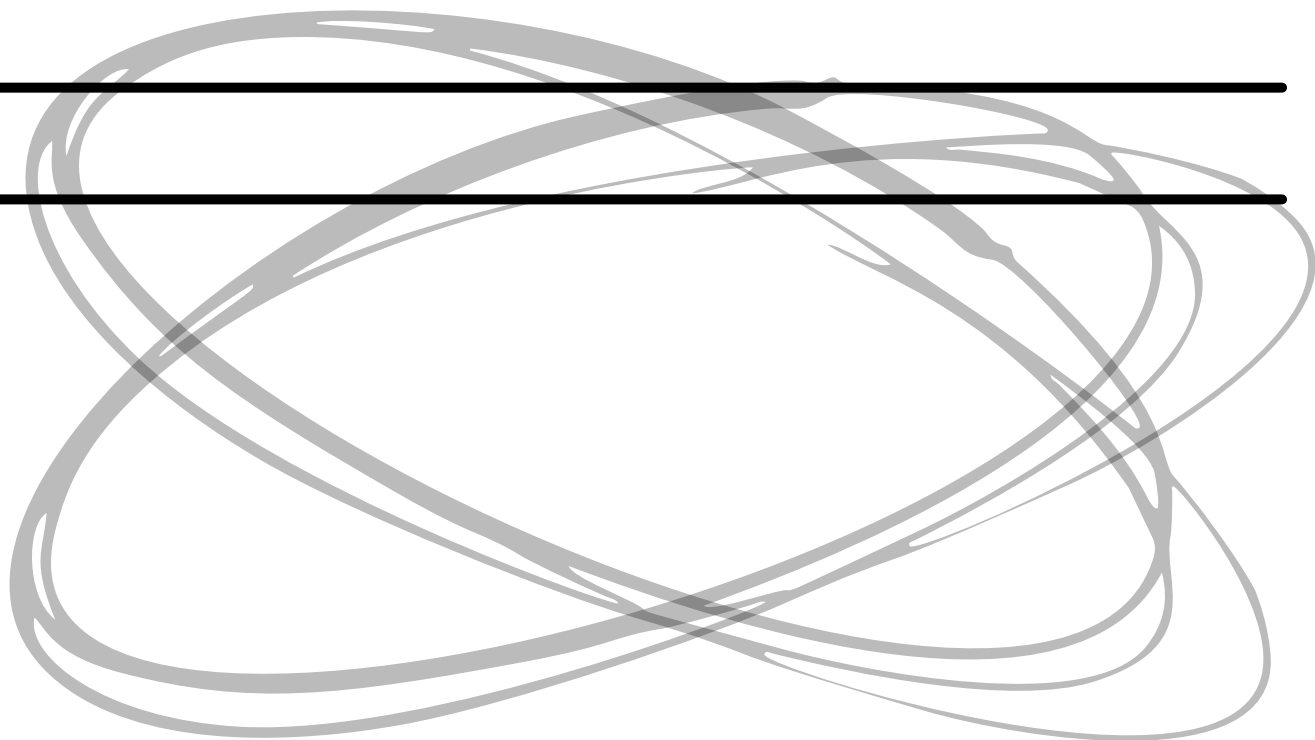
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*List 3 Ways to Manage Drama Through the Holidays!*

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*List 5 Ways to Stay Active Through the Holidays!*

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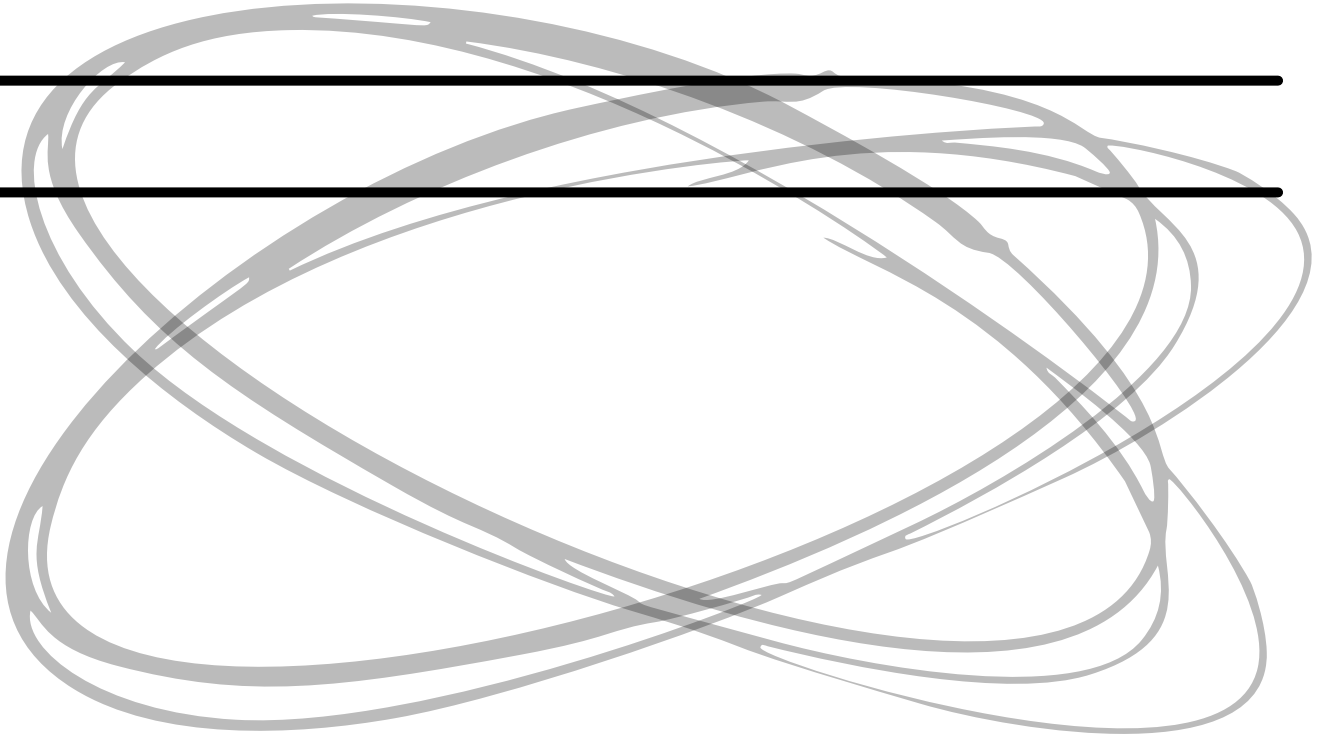
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*List My 3 Actions:*

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