TOP 10 NATURAL HOME REMEDIES FOR ANXIETY

Meditation

Writing

Time management

Exercises

Drinking Herbal Tea
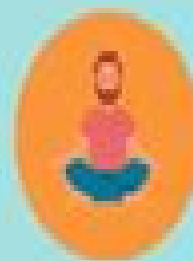
Spending Time With Pet & Animals
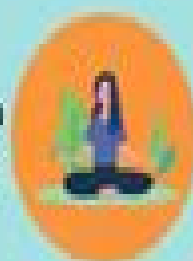
Aromatherapy

CBD Oil

Relaxation Exercises

Other Treatment

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