Quand tu ressens du stress tu peux...





ECRIRE CE QUE TU RESSENS



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SE DIRE QUE LE STRESS EST LÀ POUR TE DONNER DE L'ÉNERGIE



FAIRE UNE ACTIVITÉ QUI TE PLAIT



ÉCOUTER DE LA MUSIQUE APAISANTE



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RESPIRER PAR LE VENTRE LE VA-ET-VIENT DE TA RESPIRATION

Pourquoi Je Stresse

G Psacharopoulos



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