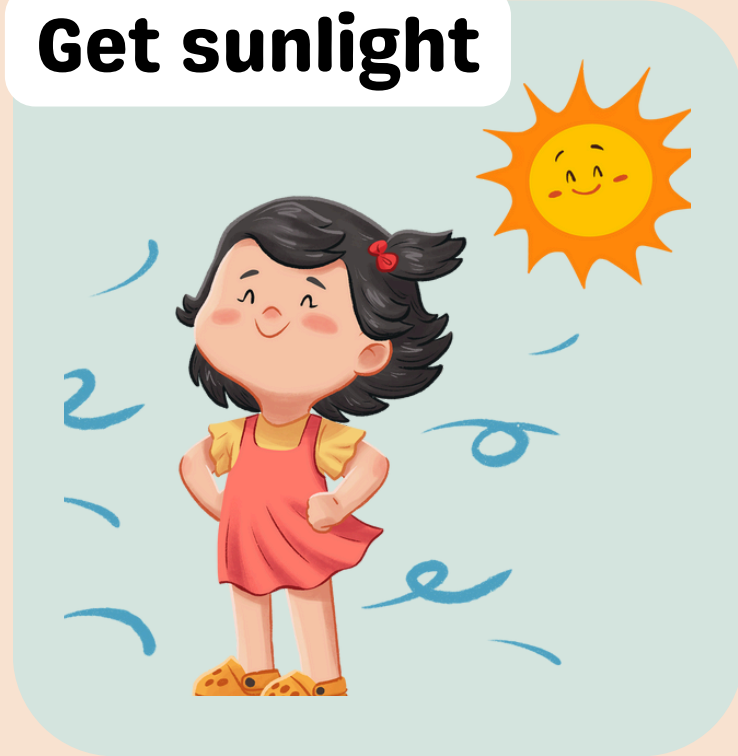


THINGS THAT MATTER BESIDES FOOD!



Get sunlight



Do physical activities



Grounding



**Avoid using
gadgets too long**

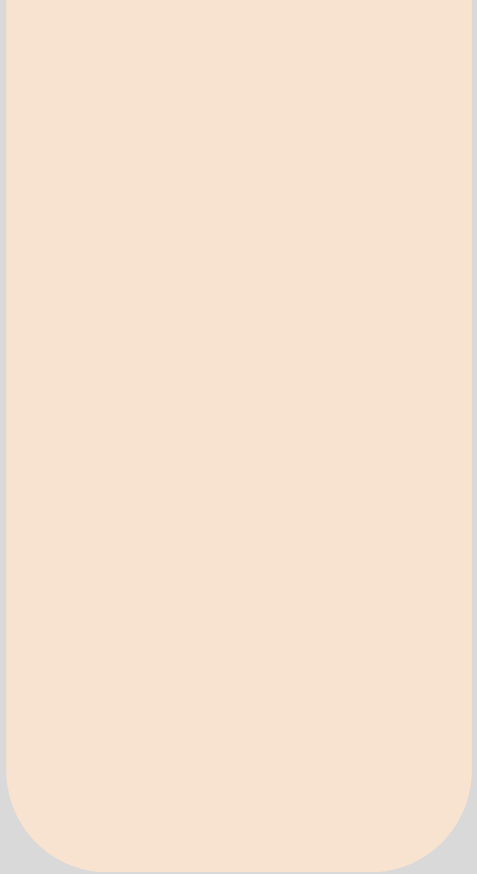


Avoid stress triggers



**Get enough
sleep**





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