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- 1- Do not work much: it's important to have a balance in life and spend time with family and relax.
- 2- Have a Good food: the combination of vitamins and proteins will help you have less stress and amazing health.
- 3- Do not sleeping long: because not getting enough rest can cause discomfort.
- 4- Sleep your 8 hours: for better physical performance.
- 5- Have you exercise: exercise helps you release stress.
- 6- Meet and interact with other people: to make new friends and live together.
- 7- Give your self a time to relax: to release stress.
- 8- Going for a walk with the family: to live better with them and avoid stress.
- 9- Avoid take things too seriously.