

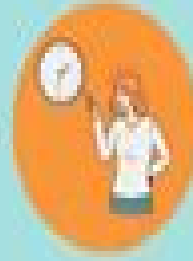
TOP 10 NATURAL HOME REMEDIES FOR ANXIETY



Meditation



Writing



Time
management



Exercises



Drinking Herbal
Tea



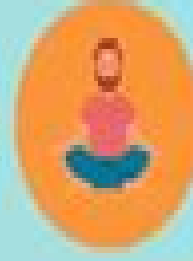
Spending Time
With Pet & Animals



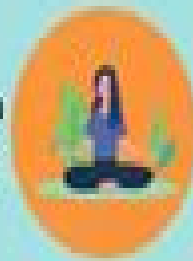
Aromatherapy



CBD Oil



Relaxation
Exercises



Other
Treatment



Anxiety Relief Top

Wolfgang Sommer, Rainer Spanagel

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the authors' names.

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