**INSTAGRAM**

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Learning how to react to stress can be like dancing – it gets easier the more you practice!

In 2022, use techniques like 4-7-8 breathing to help prioritize the mental health and well-being of yourself and others. For more ideas for self-care activities in the new year, visit: bit.ly/PsychFirstAid4COVID19 (link in bio).

**FACEBOOK**

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