Mindfulness nd Relaxation Techniques in Children

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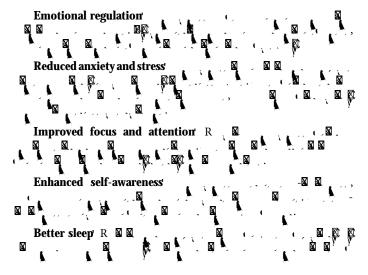
Abstract

In today's fas-paced and technology-driven world, children are exposed to an array of sressors that can afect their mental and physical well-being. The pressures of academic performance, social interactions, and extracurricular activities can lead to anxiety, sress, and emotional dysregulation. Incorporating mindfulness and relaxation techniques into children's routines can be a powerful tool to help them manage sress, improve focus, and enhance emotional resilience.



Methodology

Bene ts of mindfulness and relaxation techniques for children

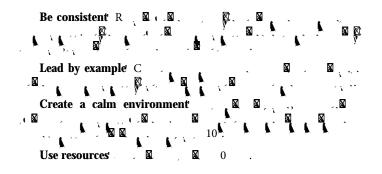


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