

# **Practical self-help for stress and anxiety - relaxing music, etc.**

**Post by “Eoghan Gardiner” of October 28, 2023 at 5:15 PM**

I made a list of things I do each day and for me being outside and just chilling helps a lot with stress and anxiety. It is very true the less pain we have the more pleasure. It's experiential. Thanks for sharing music gonna listen to it to relax before bed.