



# De-Stress Yourself



Issue No. 6  
April 2023





# *Destress With Calming Pictures.*

*Hi Beautiful Souls! We are so happy you this magazine.*

*Looking at calming pictures is a form of mindfulness meditation, also known as training your attention to achieve a mental state of calm concentration and positive emotions.*

*If you've ever heard the phrases "zone out" or "take a mental vacation," that's exactly what calming pictures have the power to do for your mind and, therefore, your overall wellness.*

*The next time you're stressed, try looking at our collection. It can have a calming effect on the mind, which can improve your mood and help you relax.*

*Whether you're new to using calming pictures and colours or a seasoned professional, consider keeping these sorts of images on hand for times of stress.*

*We hope you De-Stress Your Self!*

*Please note: All images in this magazine are from our licensed sources.*













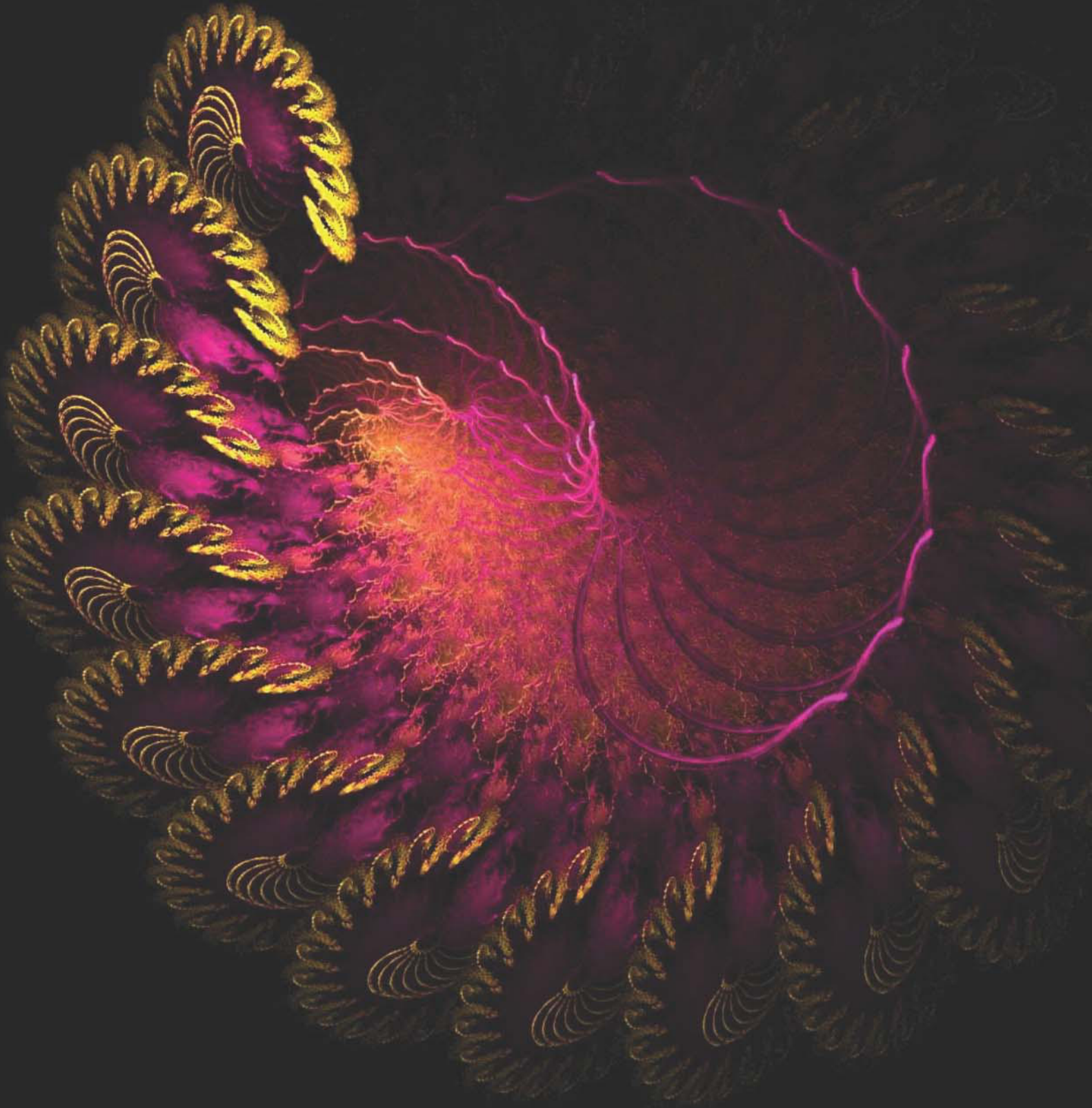






























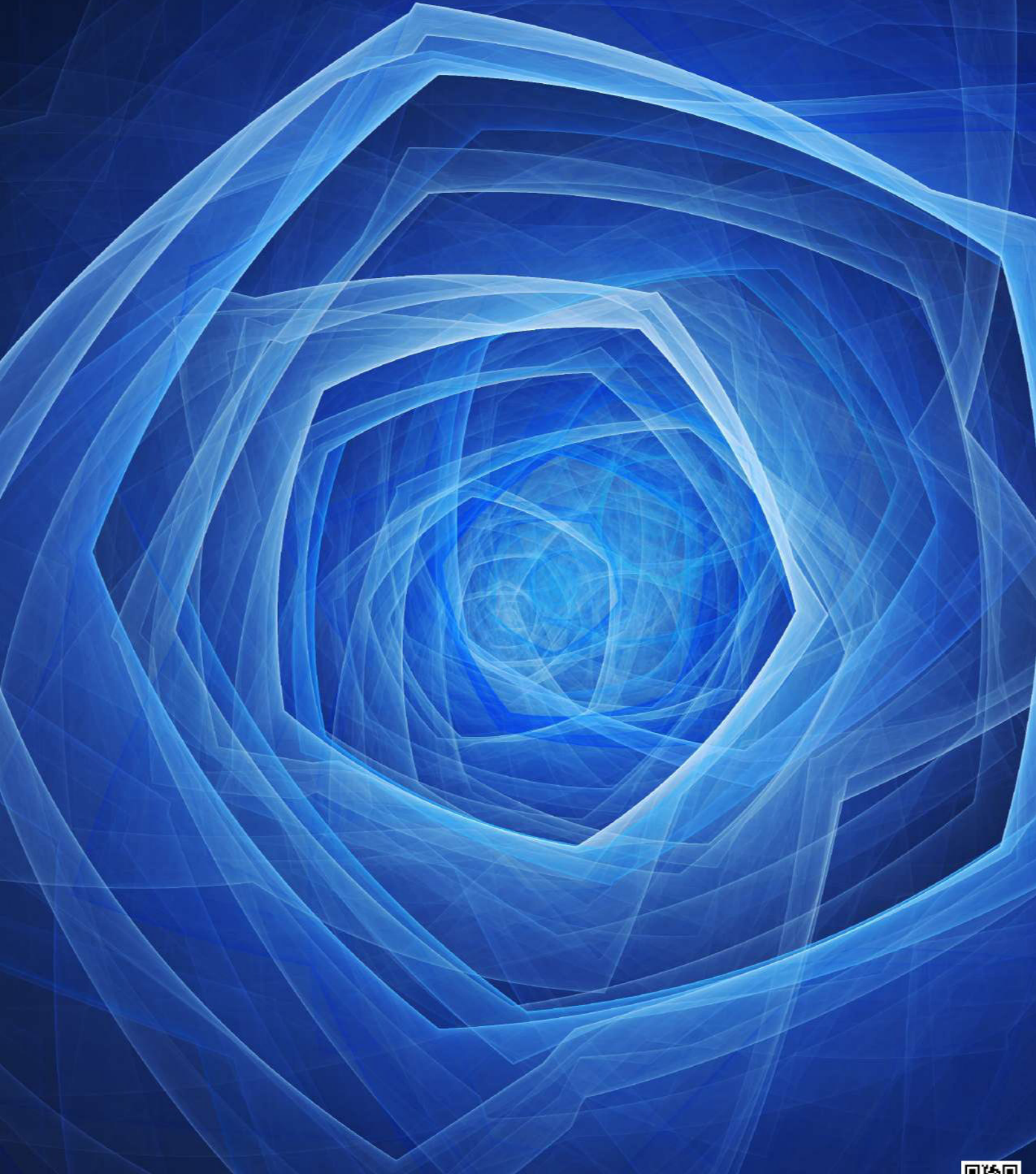


# WHAT IS AVAXHOME?













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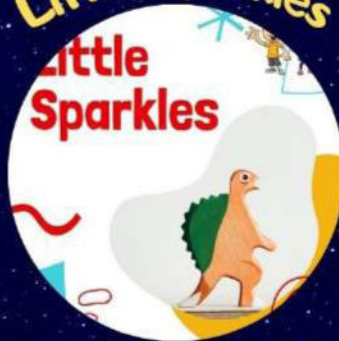
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for Dyslexia

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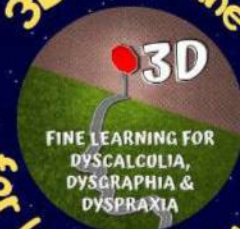
for all ages

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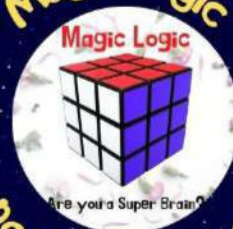
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