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Unstuck! 10 Things To Do To Stay Safe And Sane During The ... Maybe Now You Actually Have The Time To Do Them): •

Sleep: Most Teens Don't Get Enough Of It And They Need 9-9 1/2 Hours • Nutrition: Eating Healthy Foods (think Fruits, Vegetables, Beans) • Exercise: Daily Cardio For 30-45 Minutes • Relaxation: Having Down-time To Unwind And Feel Restored Second, Focus On 8th, 2024

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