

A woman with short brown hair, eyes closed, and a serene expression is meditating. She is wearing a mustard yellow hoodie and has her hands in a mudra position, palms facing each other with fingers pointing up. The background is a solid, warm yellow color. The text "Coping With Stress" is overlaid in white, sans-serif font across the center of the image.

Coping With Stress

Coping With Stress

Liyong Dong



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