



# Dr Mike Scanlan: What works to feel less stressed?

# Help us to help you!

Please complete the survey – it takes just 2 minutes!  
It will help us support you more in the future!



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# What works to feel less stressed?

Click the link below to go to the recording with closed captions.

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Use the  button to adjust closed captions options

# Help us to help you!

Don't forget to complete our survey!



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