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A *Quick* Tip for Instant Stress Relief:

Do a one minute mediation.

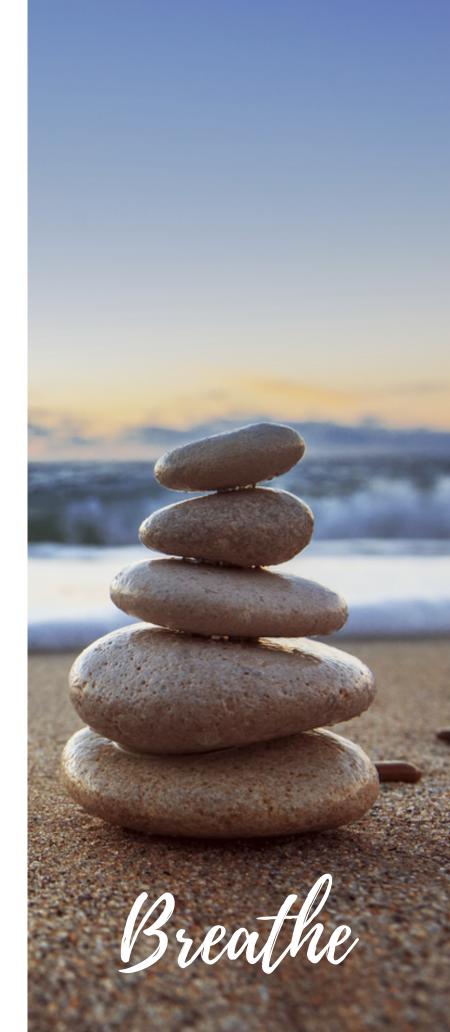
Take 5 deep breaths. Inhale 1, 2, 3, 4... Exhale 1, 2, 3, 4...

Repeat as needed.

Call EAP for Tele-Counseling: (628) 652-4600

Check out our website for resources and operational updates: **sfhss.org/eap**

SAN FRANCISCO HEALTH SERVICE SYSTEM



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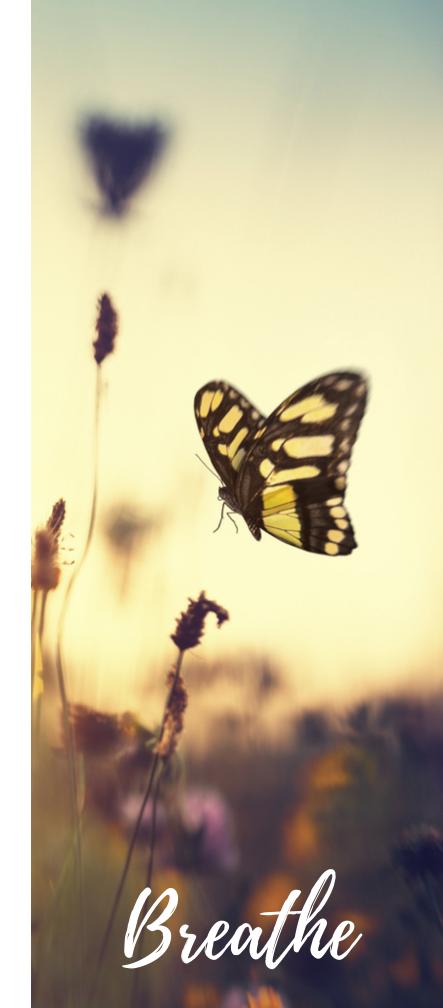
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