

MINDFULNESS & DEEP BREATHING VIDEO PLAYLIST

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**if DIETS
DON'T WORK,
WHAT DOES?**

Dear Reader,

Stress management can be an overwhelming subject. How do you know you're stressed? How do you know how to manage it better? This is a topic I cover regularly on my Healthy Living with Danielle Dinkelman YouTube channel. Here's the playlist link for all the videos I've done on stress management, mindfulness, coping with anxiety, and deep breathing so far.

<https://www.youtube.com/watch?v=oL6COQ9j0bo&list=PLhQB3px3AW-TqyjYCL4SLfnEnhfTgNe8Z>

I hope these help spark some ideas of what you need in your own stress management.

Take care,

- Danielle

