

A photograph of two women embracing outdoors. The woman on the left has light brown hair styled in a bun and is wearing a white top. The woman on the right has dark curly hair, is wearing yellow-tinted aviator sunglasses, a red top, and a black beanie. They are both smiling warmly. The background is a soft-focus outdoor setting with trees and a building.

AnxietyNZ

**STRESS AWARENESS MONTH**

April 2025

# Anxiety Relief This Month Sign In

**TD Snyder**



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