

How do you relieve stress?

Asked at Garden Walk Mall

Laura Nelson
social worker



I utilize local herbal teas and honey. I also like to go to the park with my dog and enjoy nature. I'm from Paradise, so I used to like Bille Park, but now we've found some new adventures in Chico.

Gil Erez
online business



I walk outdoors in nature, meditate, exercise, and take herbs and supplements.

Frances Mansour
warehouse worker



I ride my bike through Bidwell Park at least once a week for about 4 miles. It gets the adrenaline going and is really relaxing.

Kirk Martin
entrepreneur



I like to sit in my favorite chair and watch nature programs on Netflix—programs with underwater sharks or other animals. It takes you out of your element and puts you into a different world.

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Northern Valley Catholic Social Service



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