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Subject: Re: Singing to Relax

Posted by [Mica](#) on Mon, 20 Sep 2021 21:50:50 GMT

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I sing all the time! When I'm stressed at work, I crank up the music and sing. When I'm doing an extremely hard workout, I turn up the music and sing! I love to sing! I think singing certainly helps with stress and stressful situations.

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