Subject: Re: Singing to Relax Posted by Phonetic Ear on Fri, 29 Oct 2021 14:42:35 GMT View Forum Message <> Reply to Message

Yeah, I sing to relax if not talk to myself. Either of that is a big help when I'm stressed out. I sometimes sneak out to have some self-talk or sing because it's more effective than talking with people about my stress.

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