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## crafty stress management

written by georgia frances king

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Ways to manage stress: eat Tim Tams, squeeze stress ball shaped like a giant smiley face, eat more Tim Tams, feel guilty about eating Tim Tams and go for an adrenaline releasing run, watch Rage (while eating more Tim Tams), sleep. **And now, crafting!** Qualified naturopath and herbalist Sue Halliday has created a crafty stress management course to help curb your shaky mind. You'll learn new skills, expand on old ones, and release all of those 'all-work-and-no-play-makes-Jacqui-a-dull-girl' tendencies. Applications are now open for the May course [here](#).



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