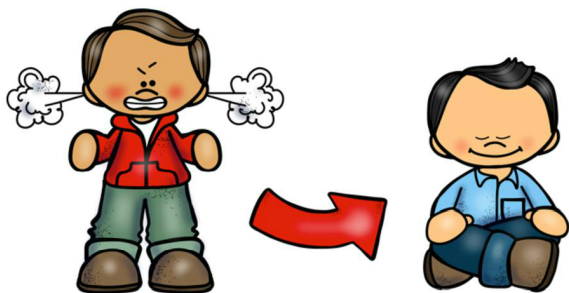


strategije
smanjenja
napetosti



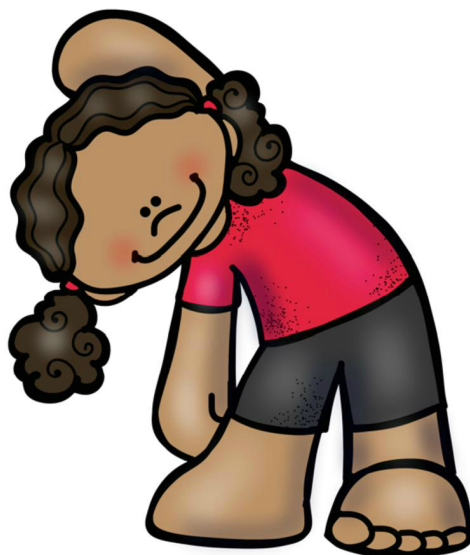
guraj



hodaj



skači



rasteži se



trči



sretne misli



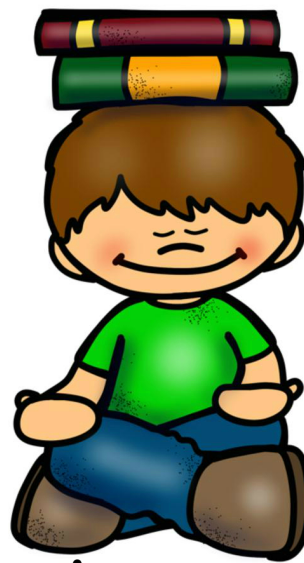
opusti se



popij vode



mirno mjesto



joga



diši duboko



slušaj glazbu



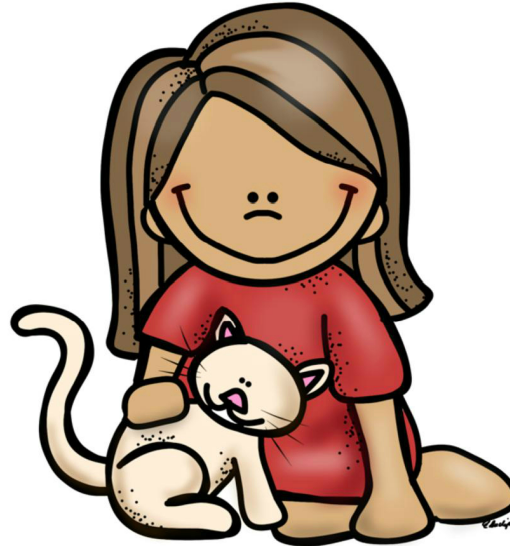
čitaj knjigu



slaži kocke



gnječi



mazi ljubimca



broji



slikaj



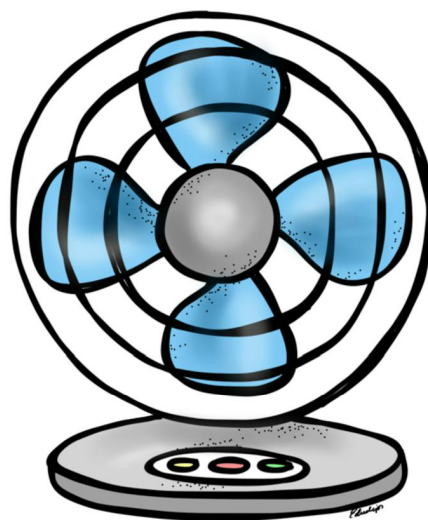
bojaj



modeliraj
plastelin



grli plišanca



osjeti vjetar



žvači žvaku