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aqui ficam estratégias com base na ciência psicol gica e

feb 1 2023 você pode até se sentir exausto durante o dia e ficar ligado à noite desesperado para desligar sua mente e descansar pode ser difícil de acreditar mas seu cérebro quer e sabe como

5 hours ago observe sua confiança avalie de onde vem sua segurança ao tomar uma decisão dados experiência ou apenas intuição e o que você pode estar ignorando preste atenção aos seus

como desconectar a mente preciso pelo menos de uma a duas horas antes começar a se desconectar de aparelhos reduzir a luminosidade do ambiente além de praticar atividades que

2 days ago se você sente sua mente sempre ocupada cansada inquieta ou presa em ciclos de preocupação este vídeo vai trazer clareza leveza e ferramentas reais para voltar ao seu centro

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algumas técnicas de relaxamento são indicadas para acalmar a mente como meditar praticar exercício físico regularmente fazer massagens relaxantes além do uso de remédios naturais como chás

mar 18 2024 neste artigo exploraremos a importância de desacelerar e acalmar a mente antes de dormir além de oferecer dicas práticas para incorporar essa prática em sua rotina noturna

may 24 2024 descansar a mente e o corpo é essencial para garantir uma boa saúde e bem estar geral visto que a falta de relaxamento pode ocasionar excesso de estresse ausência de

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