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attention to the physical sensations
in your joints and muscles even your
insides as your body moves exercises
that involve cross movement and that
engage both arms and legs such as
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swimming weight training or dancing
are some of your best choices'

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and behaviors can sabotage important
goals and cause depression and

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isn't always helpful for everyone's
mental health you may find that it is
helpful at some times and not others
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behave in daily life it also affects
your ability to cope with stress over
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