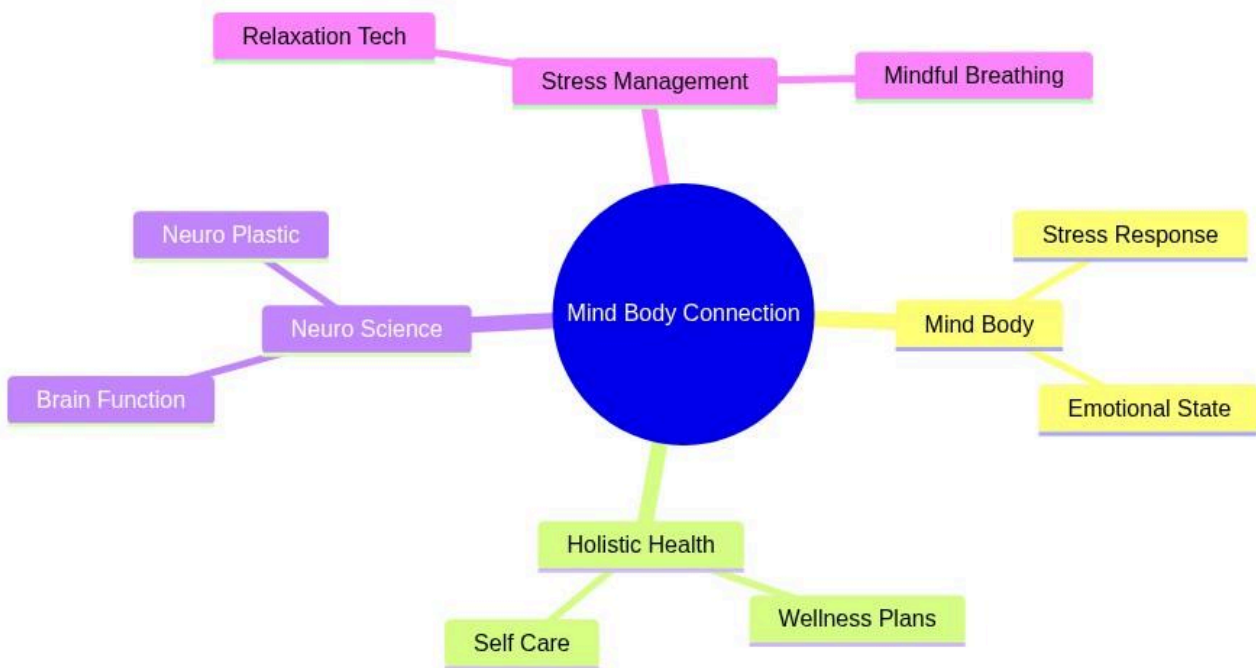


Holistic Wellness

# Mind Body Connection



mindmap

root((Mind Body Connection))

Mind Body

Stress Response

Emotional State

Holistic Health

Wellness Plans

Self Care

Neuro Science

Brain Function

Neuro Plastic

Stress Management

Relaxation Tech

Mindful Breathing