

LIFESTYLE
Top 10 a
resorts

PETS
Paw-ty
Line Ho

PETS
Toast an
wedding

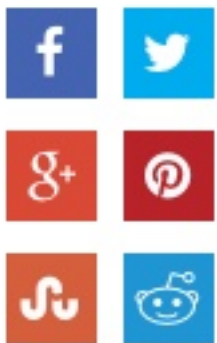
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LIFESTYLE

Stress-free NYC: De-stress December tips to relax and recharge

By MELISSA KRAVITZ melissa.kravitz@amny.com December 3, 2015

Finally fit the stereotype of stressed-out New Yorker? Welcome to the club and take a deep breath. Or many.

The end of the year can bring on a lot of undue anxiety: crowds, shopping, cold weather... Take some time to treat yourself to some of New York's overlooked calming options and take the stress out of December.

Here's where to relax, recharge and prepare for a calm and collected 2016.

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(Credit: Meditate)

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