



Angelique V. &lt;anglquevaldez@gmail.com&gt;

**Re: Spring Cleaning for the Mind, Body and Wallet **

1 message

**Angelique Valdez** <angelique@gizmogo.com>  
To: Angelique Valdez <anglquevaldez@gmail.com>

Fri, May 7, 2021 at 9:59 AM

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**From:** Gizmogo <[service@gizmogo.com](mailto:service@gizmogo.com)>  
**Sent:** Wednesday, March 24, 2021 5:27 AM  
**To:** Angelique Valdez <[angelique@gizmogo.com](mailto:angelique@gizmogo.com)>  
**Subject:** Spring Cleaning for the Mind, Body and Wallet 



Zen Out This Week On  
The Go

**"Out with the old and in with the new"**  
**doesn't only have to be about cleaning**  
**your house**

#WellnessWednesday



## KEEP CALM

Stress management: How stress affects our health and how to overcome stressful situations?

As spring kicks off, so does the annual spring cleaning of our personal spaces. While clearing out the dust bunnies behind the sofa, don't forget to take a look within! This week on Gizmogo's blog [The Go](#), we are giving tips on stress management from the experts. You can also spring clean your mind too. This Wellness Wednesday blog gives pointers on stress management and how to overcome it.

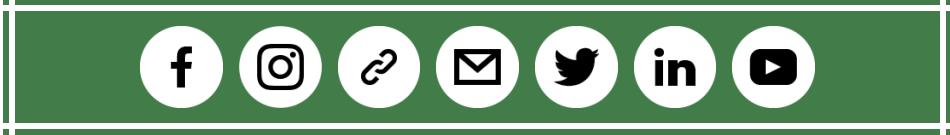
[Check It Out!](#)



## Are You Ready for the Ultimate PS5 Experience?

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[Trade Up!](#)



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