

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



**Talking with Tramine
Archives Available
November 6th 2019: Keep Calm & Breathe**

It's the most wonderful time of the year! It can also be the most stressful time of the year, if you let it! We are officially in the holiday season and we want you to be able to actually just enjoy this season without all of the stress, headaches and worry! In today's show we will share some tips and tricks to help you keep your "zen" during all the shopping, and cooking, holiday socials! Keep Calm & Breathe! We will also provide you with some great breathing exercises you can use when you start to fill the anxiety of the holidays starting to arise!



Tune in

Archives Available on
VoiceAmerica Health and
Wellness Channel

[EPISODE ON DEMAND](#)

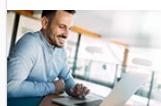
[VIEW HOST PAGE](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG