According to Business Wire's survey, 75% of Americans believe self-care activities can help reduce stress, with at-home spa rituals (40%), getting a manicure/pedicure (30%), exercising outdoors (28%) and working out in a gym (24%) listed as top stress-relieving activities. Respondents cited these benefits of self-care: self-confidence boost (64%), increased productivity (67%), happiness (71%).

Source: https://www.businesswire.com

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