

1. The “hack” of feeling calm and collected in the most stressful situations.
2. The secret way to be cool in the most heated situations
3. How to relieve the stress like a professional
4. You thought being stressed is normal.WRONG! Take a “Recess”
5. The sneaky way of recess.
6. Become the coolest person in the room.
7. Did you know there is a way to feel cool and collected even the eye of the storm
8. If you are feeling stressed, take a “Recess”
9. Easiest way to relieve stress.
10. The only thing you need to feel calm.
11. You thought being stressed about your big day is normal.WRONG! Take a “Recess”
12. The real life glitch of feeling calm in every situation.
13. How to “hack” the stress settings- take a recess
14. The sneaky way of escaping the stress.
15. Are you feeling stressed? Take a... “Recess”
16. Are you tired of the stressful world? Take a sip of cool “Recess”
17. WARNING! Do not go another day feeling stressed. Take a “Recess”.
18. If you want to leave the stress behind, then take a “Recess”.
19. Better than a regular break.
20. If you want to take more than a break, take a “Recess”
21. You thought taking a break is enough, right? WRONG! Take a “Recess”.
22. The art of taking a REAL break.
23. What to do if you want a real rest.
24. How to deal with the stressful world around you.
25. The quickest way to escape the stressful world.
26. The truth about relaxing.
27. 3 things that will help you deal with the stress- “Recess”, “Recess”, “Recess”.
28. Leave the stress, take a “Recess”.
29. The secret way to take a break.
30. How to NEVER feel stressed again.
31. Did you know you can leave the stress?
32. The easiest way to relax.
33. The single step you need to take before all the tension fades away.
34. Are you taking rest seriously?
35. Are you feeling overwhelmed, take a “Recess”
36. Did you know there is a way of not feeling overwhelmed?
37. The truth about taking a break, that will ensure you will never feel overwhelmed again.
38. You thought there is no right way to rest, right? WRONG! Why just taking a break will never be enough and the single step towards relaxation.
39. Better than a spa day. Discover the best (legal) way of dealing with stress.
40. If you want to become 100% calmer, then you need to learn the secret way to relax.

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feel calm cool collected despite
the stressful world around you



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