



Certificate no: UC-cfd0bbd5-ee2b-4004-b705-ae79cfdcd59d

Certificate url: [ude.my/UC-cfd0bbd5-ee2b-4004-b705-ae79cfdcd59d](https://ude.my/UC-cfd0bbd5-ee2b-4004-b705-ae79cfdcd59d)

Reference Number: 0004

CERTIFICATE OF COMPLETION

# Stress Management: 40+ easy ways to deal with stress

Instructors **Gregory Caremans - Brain Academy**

## Anderson Araujo

Date **Nov. 25, 2024**

Length **1 total hour**