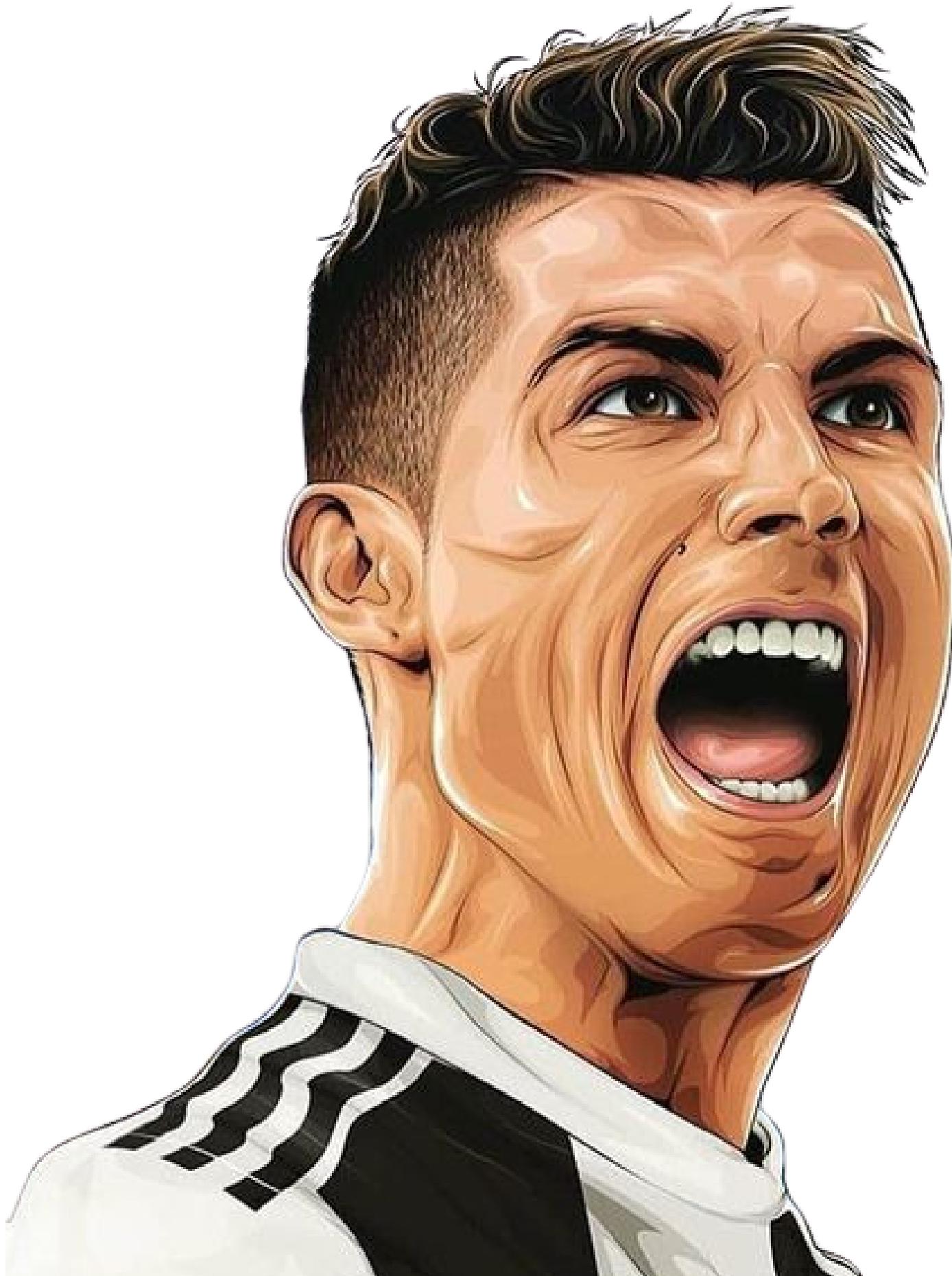


# Reason For Stress



# No exercise



# No sunlight



# Garbage food



# No meditation



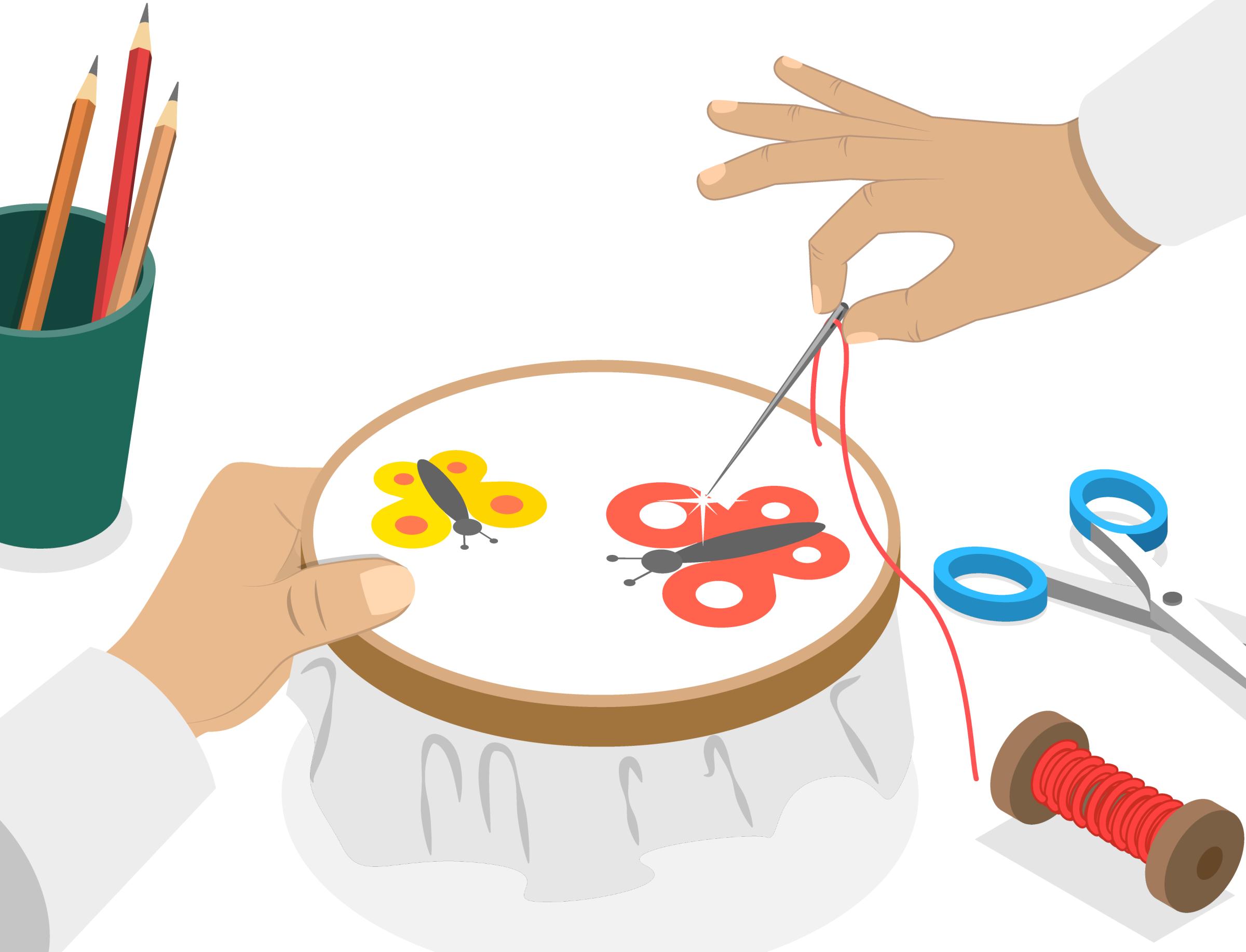
# Procrastination



# Poor sleep habits



# No hobbies



# Too much social media



# Bad management of time



# **Disconnected from yourself**



**Before taking pills  
Fix these basics**

