

Stress

Stress, Anxiety, Depression, Worry has different causes, different symptoms and different ways to handle!

Anxiety

PEOPLE USE THE TERMS STRESS, ANXIETY, DEPRESSION, AND WORRY INTERCHANGEABLY! KNOW THE DIFFERENCE

DEPRESSION

WORRY

Know the problem to then find a solution.

What you will learn

- ◆ Learn to **identify**.
- ◆ **Tools** to differentiate.
- ◆ Coping **Strategies**

TIME – 10 AM – 4 PM
DATE – JANUARY 5TH 2019
FEE – Rs 1200/-

REGISTER ON WHATSAPP
#8810585410

62%

Adults say they are not doing anything to **MANAGE** their moods and emotions.

72%

Adults feel anxious about the future at least **SOME** of the time.

58%

Adults say they have **SHOUTED** at someone due to stress.

42%

Of corporate employees are depressed.
India is the **MOST** depressed nation in the world



We are a team of credentialed (and practicing) mental health professionals trained in India and the United States. Our core competency lies in empowering individuals and institutions through our training and consultancy.

VENUE: Aspire Labs, B-37, Sector 1 Noida
[Red brick building near Gail (India) LTD]
EARLY BIRD DISCOUNT FOR PAST TRAINEES