



How to Manage Feeling Overwhelmed

Course completed by Babul Deb

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Top skills covered

Self-regulation

Stress Management

A handwritten signature in black ink that reads "Dan Boden".

Head of Content Strategy, Learning

Certificate ID: b466b2ce6a0fc564c7b97aac6190b862b89344742a15ef257c7ee4f57e9ac502

