"Just Introspect"

P	Δm	Lir	control	l of	stress	or is	stress	controlling	me?
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- When I feel agitated, do I know how to quickly calm and soothe myself?
- Can I easily let go of my anger?
- Can I turn to others at work to help me calm down and feel better?
- When I come home at night, do I walk in the door feeling alert and relaxed?

Be TUNED IN to know more.....

For more guidance & tips email to - managestress@wellnessway4u.com

A Chaitanya Wellness Research Institute