

# "Deal with Stress"

## ☞ Learn to manage stress

- Taking charge of your schedule & environment
- Changing the stressful situation when you can, changing your stressful

reaction when you cannot

- Taking care of yourself and making time for rest and relaxation



**Be TUNED IN to know more.....**

For more guidance & tips email to - [managestress@wellnessway4u.com](mailto:managestress@wellnessway4u.com)

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