

"Self-Help is a Best Help"

☞ Learning to remain calm

- Sit or lie in a comfortable position
- Take a deep breath in, hold this & count to three
- Slowly breathe out, this should be continued until you feel relaxed
- This will bring in a calmer frame of mind, helping to deal with whatever you do.



Be TUNED IN to know more.....

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

A Chaitanya Wellness Research Institute