

“Just Introspect”

☞ Am I in control of stress or is stress controlling me?

- 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