## "Self-Help is a Best Help"

- Look at yourself
  - · Make sure you eat a balanced and healthy diet
  - And get enough sleep of 7 to 8 hrs, daily
  - Lack of sleep and food can make one feel irritable & leads to health

problems



Be TUNED IN to know more.....

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

A Chaitanya Wellness Research Institute