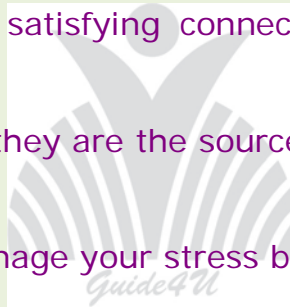


"Deal with Stress"

☞ Strengthen your relationships

- Spend time with the people you love and don't let your responsibilities keep you from having a social life
- Build stronger & more satisfying connections if you do not have any close relationships or if they are the source of stress
- This will help you to manage your stress better



Be TUNED IN to know more.....

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

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