

# "Self-Help is a Best Help"

☞ If anger is building up, deal with it

- Find a pleasurable, active way to let off steam
- This will prevent tension build-up and increase your self-confidence
- At this time you will be able to take a right decision which is suitable

to solve your issues.



Be TUNED IN to know more.....

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