

# “Just Introspect”

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

- Am I seldom distracted or moody?
- Am I able to recognize upsets that others seem to be experiencing?
- Do I easily turn to friends or family members for a calming influence?
- When my energy is low, do I know how to boost it?



Be TUNED IN to know more.....

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

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