

# "Be Focussed"

☞ Life is a challenge face it

- When anxious, studying the easy answers helps to relax and move on
- Disturbing thoughts may be tackled by allowing them to come and leave
- You can get over such feeling by listening to music, going for a jog or sharing your thoughts with family or friends.



**Be TUNED IN to know more.....**

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

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