

Stress!!

'Morning ☺

Wishing all who have tuned in, a very good morning and fruitful day ahead; while you sip your morning coffee, and read this post edition and set out on your day ahead...

JoL

Stress!

No. 1 Mental Health Concern
is a Debilitating experience

We seek to understand

How stress transgresses?

The impact! – Anxiety, Worry, Panic, Fear, Guilt

(The feelings we experience in certain situations)

How can we manage Stress?

With regards to relevant difficulties, how do we cope?

In areas involving

Genetic Disorders

Degenerative Impairments and more

How do we deal with Trauma, Cope with Illnesses?

In Aged-Old Therapy Applications

Meditation

'Chakras'

offering

Physical, Mental, Emotional Alleviation

Evokes the

Therapeutic-Feeling

To combat stress