



















STRESS BUSTERS

 <p>Be Humble</p>	 <p>Let go of the negative</p>	 <p>Stay Mindfull</p>
 <p>Take small steps</p>	 <p>Do Your Best</p>	 <p>Focus on the positive</p>
 <p>Practice Patience</p>	 <p>Take off your mask</p>	 <p>Detach yourself</p>
 <p>Embrace Self Discipline</p>	 <p>Follow your intuition</p>	 <p>Practice gratitude</p>
 <p>Exercise your love</p>	 <p>Take a moment</p>	 <p>Realise what you have</p>
 <p>Spend time with others</p>	 <p>Let go of the negative</p>	 <p>Experience new things</p>