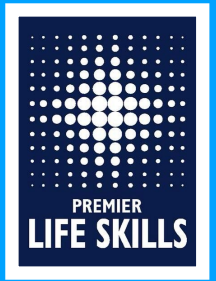


Six Tips To Manage Your Wellbeing



Tip 1:
Stretch



Move, warm up the muscles,
release tension

Tip 2:
Meditate



Close your eyes , picture
something relaxing, see how long
you can maintain

Tip 3:
Try Yoga



Focus on a variety of meaningful
poses, while simultaneously
focusing your mind

Tip 4:
Exercise



Whether it's a daily brisk walk or
three intense workouts per week
find what works for you

Tip 5:
Keep A
Journal



Write about your day, happy or
indifferent, it feels good
to write it down

Tip 6:
Create A
Routine



Once you are in the habit of
working on yourself, you will see
how important a routine can be