

# Stress Free Life

## HEALTHY STRESS FREE LIFE

This is a practical stress management course designed to show you how to reduce stress by managing pressure better. You will learn how to stay more in control of yourself as pressure increases so you can still perform well and achieve results. You will also learn how to relax quickly in any situation, keep your confidence and energy levels high, and begin to achieve the work/home/life balance you want.

“ *The perfect no-stress environment is the grave. When we change our perception we gain control. The stress becomes a challenge, not a threat. When we commit to action, the stress in our life becomes manageable.* ”

### Warning:

Stress can cause severe mental as well as physical health problems and, in extreme cases can cause death. While these stress management techniques have been shown to have positive effect on reducing stress, they are for guidelines only and participants should take advice of suitably qualified health professional if stress is causing significant and persistent

Please call for a free Demo



### Program Outline

- Techniques to reduce stress and achieve more by handling pressure better
- The ability to recognise the early warning signs of stress
- Ways to relax quickly in real-life situations
- Methods to keep confidence and energy levels high
- Clarification of the work/life balance they personally want

Duration: One day

The Course Suits:

Anyone who experiences stress at home or in the workplace



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