



Quick

stress-busting

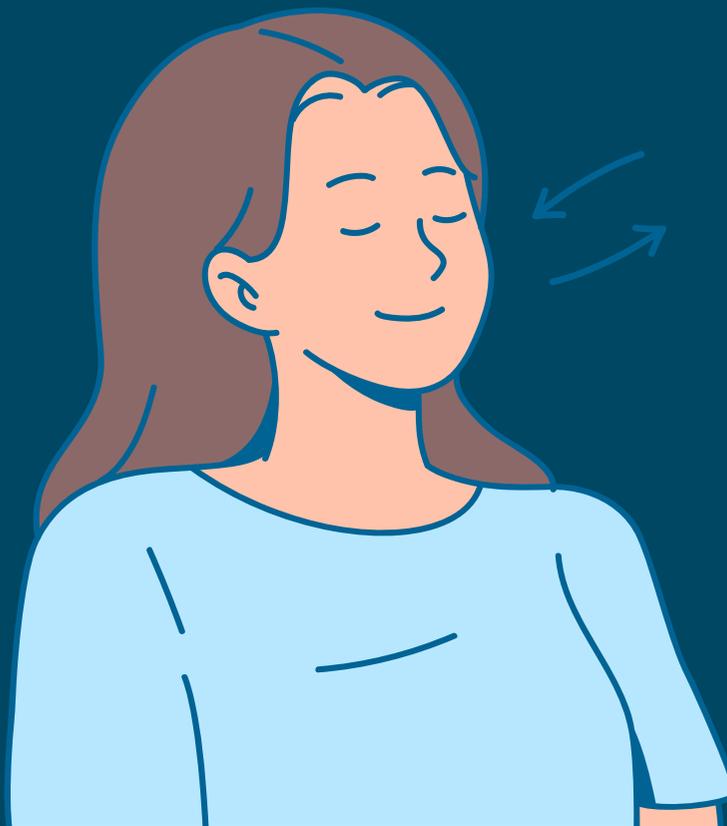
tips



Give your desk a break!

**Stand tall, stretch, or step into the
sunshine for some fresh air.**

**Better blood circulation and less
muscle tension guaranteed!**



**Take deep breaths and feel stress
melt away quicker than ice
cream on a hot day!**

**It helps calm your nervous
system and promotes relaxation.**



Music is your personal stress-busting DJ. Put on your favourite song and groove away as the music lifts your spirits.



Watch a hilarious video or crack a joke with a friend! Laughter isn't just fun, it's your brain's VIP ticket to a flood of feel-good endorphins!



**Sip on a delightful cup of green
or black tea and let those
soothing flavors transport you to
a zen paradise!**

Wellness is small actions that make a big difference.



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Dietitians



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