

7 SIMPLE STRESS BUSTER STEPS that are completely doable and highly impactful for your future.

A Mindset Shift.

Shift my long-held mindset of "getting fit" simply to "being fit". Consistency is the key.

2. Designing my Day

Design my ideal day. I am the CEO of my life and planning this will give me more control of my life.

3. Recognising Constraints and Prioritising

Decide what's most important with work, what can be delegated and what can be cut out entirely.

4. Habits

What habits can I add to or eliminate from my life that will improve my effectiveness and happiness.

5. Live in the Now

it's very simple, takes practice, but well worth the effort

6. Breathe

7. Therapeutic Reflexology & Craniosacral therapy

Because they are safe, drug-free, gentle and effective in reducing stress & tension, improved energy levels and total health, many people include Reflexology and/or CST as a component in their personal wellness programme.

Best wishes for a successful and satisfying future.

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