

MANAGING STRESS

A GUIDE TO ASIAN LIVING

Stress afflicts everyone regardless of age, occupation, nationality. Urban life in Asia generates its own unique set of characteristics that induce stress and all its symptoms – loneliness, sleeplessness, hopelessness, inertia.

Learn to recognize the onset of stress and control it before it overtakes your life. MANAGING STRESS show you how, through simple and effective techniques:

- Relaxation
- Exercise
- Communication
- Time management
- Assertiveness

Enjoy life more by managing your stress today.

