

SOCIALISE AND  
TALK IT OUT

與人傾談



*Stress? Out!*

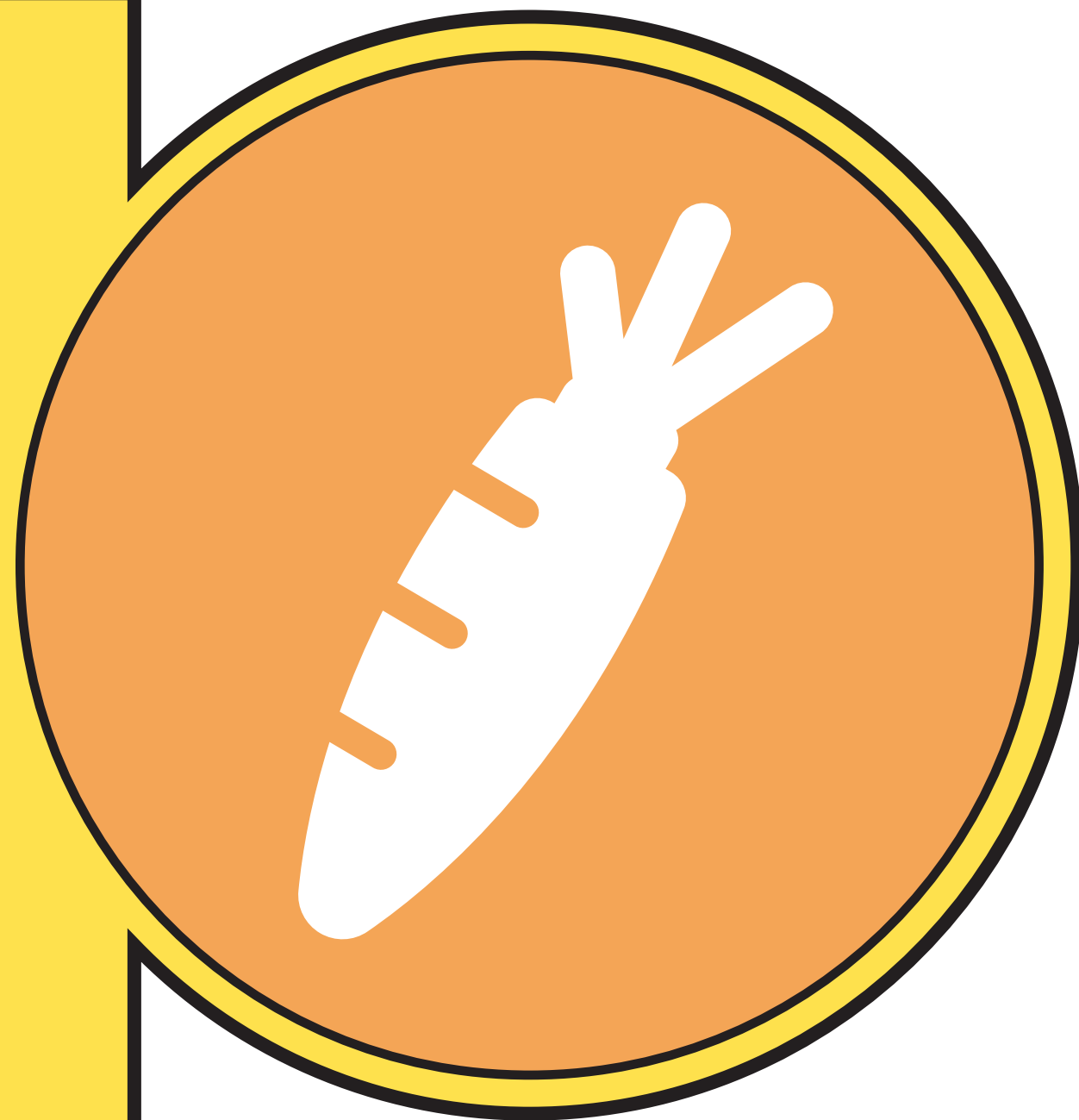


EAT HEALTHY  
FOOD

健康飲食



*Stress? Out!*

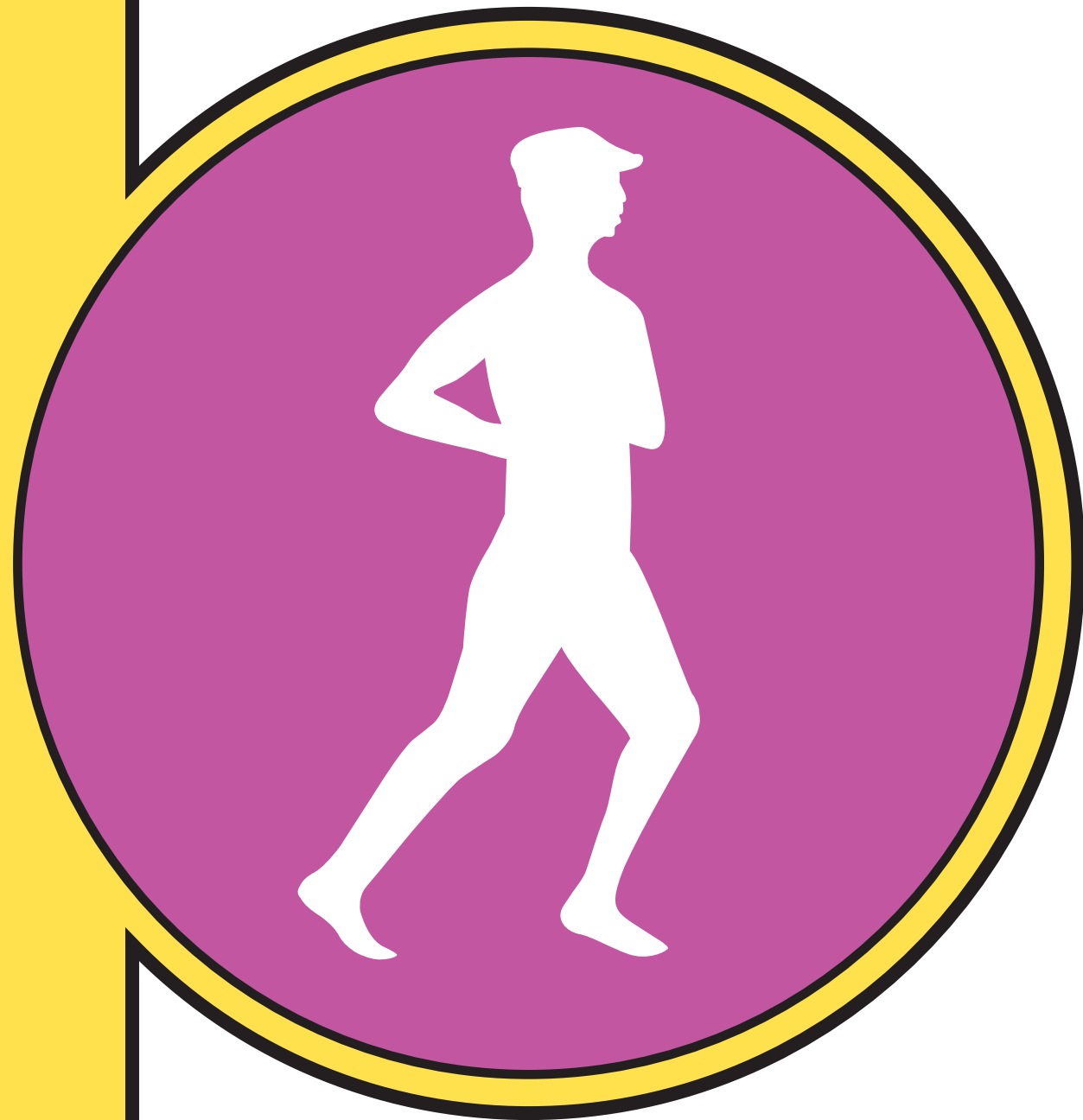


GO FOR A WALK

散散步



*Stress? Out!*



# READ FOR FUN

看有趣的書籍



*Stress? Out!*



(ook

烹飪



*Stress? Out!*



# MEDITATE

冥想



*Stress? Out!*

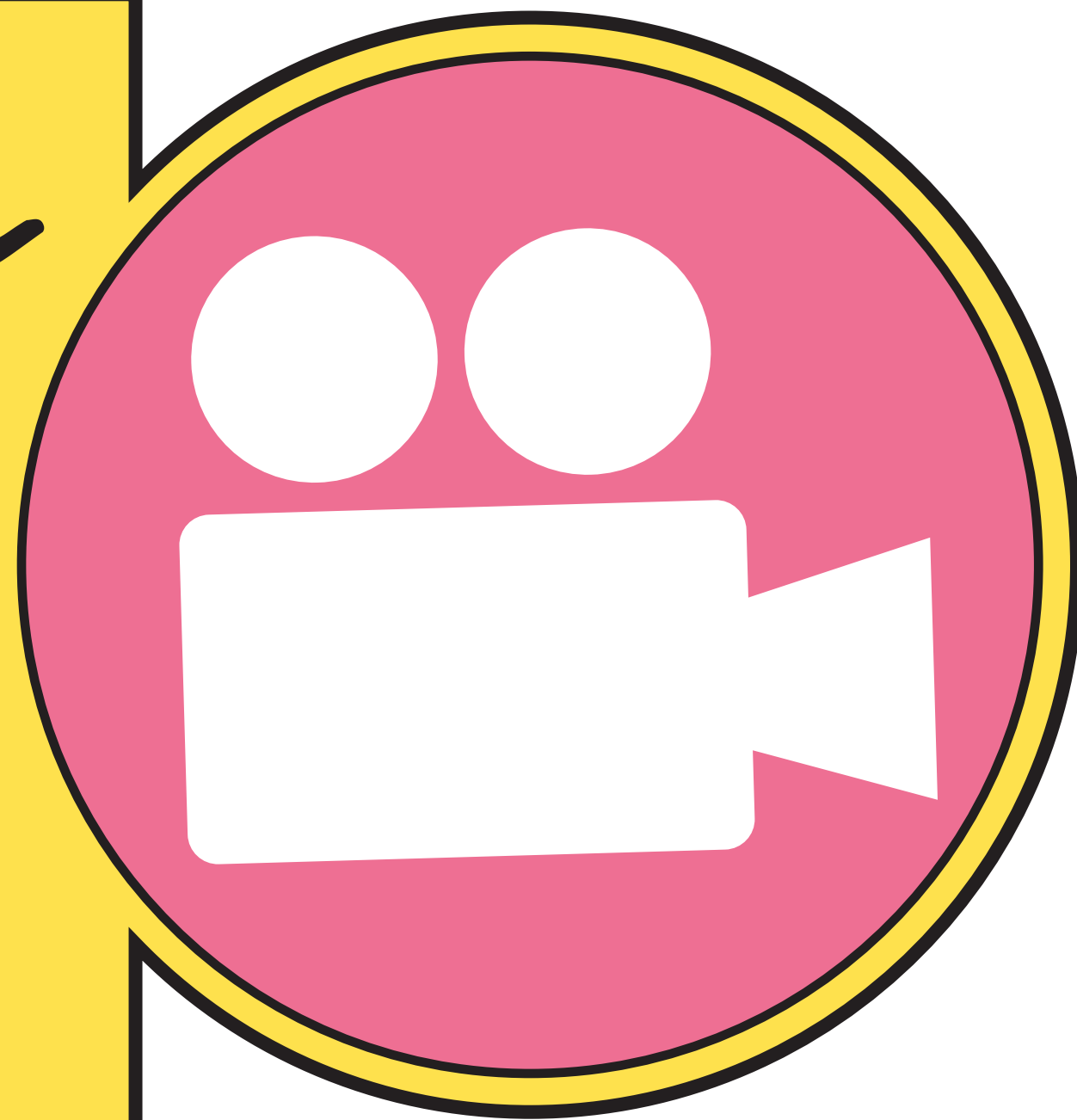


WATCH INSPIRATIONAL  
MOVIES

看勵志電影



*Stress? Out!*



LISTEN TO MUSIC

聽歌



*Stress? Out!*





SLEEP WELL

睡個好覺



*Stress? Out!*



RELAX WITH A  
(UP OF TEA

喝杯茶，放鬆一下



*Stress? Out!*



 **Love the life you live**



**Hang out with friends!**

 Love the life you live

Play  
Sports!



 **Love the life  
you live!**



**Relax!**