



Stress Advisor

Free Consultation

National Stress Awareness Day

Wednesday 4th November 2009

Ask Me:
About NSAD's 7 positives
for a better life

Ask Me:
How the HSE's 6 risk factors
can help manage stress



Stressing the Positives

"Attitude is a little thing that makes a big difference"
Winston Churchill



**International Stress
Management Association UK**
Promoting well-being and stress prevention