## Another Journey Begins

Fun: laughter releases happy endorphins into your bloodstream. nhale deeply to relax & oxygenate your mind. Time out: Relax your body and your mind. Nutrition: Get the right fuel into your machine! Exercise – find something you enjoy! Stop! Control your reactions – can you avoid any situations? Sleep: allow your body and mind to catch up.

> Mob: 07971 653976 Email: <u>info@anotherjourneybegins.com</u> © Another Journey Begins October 2004