



THE THINGS YOU CAN DO THAT HELP

ARE YOU...

FACING YOUR FEARS

Using slow steady steps

EXERCISING

It can give you a boost

FINDING WAYS TO HAVE FUN

Laughter always helps

PLANNING TIME FOR YOU

Don't give all your time to work and others

GETTING YOUR DAILY NUTRITION IN

Fuel your body with what it needs

RELAXING

CDs, DVDs, baths, whatever works for you

USING PEOPLE AROUND YOU

Your family, friends and specialists can always help

GETTING FRESH AIR AND SUNLIGHT

It will give you more energy and make you more productive

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