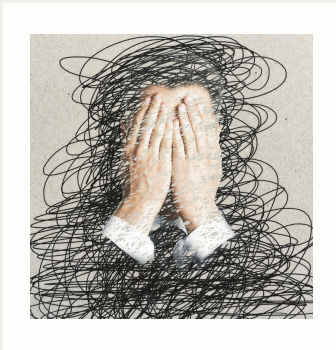


APRIL NEWSLETTER



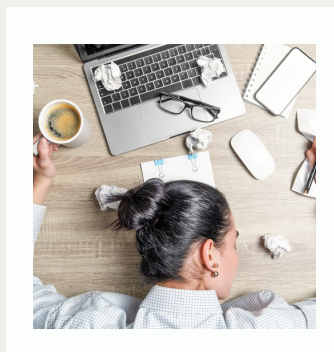
WELCOME
TO STRESS
AWARENESS
MONTH!



April is Stress Awareness Month, a time to recognize the impact of stress on our daily lives and take action to reduce it. Stress can have negative effects on our mental, emotional, and physical health,

but with some simple techniques, we can manage and reduce our stress levels..

We all face pressure, and this time of the month social pressure is Queen. Gergai3an bags anyone? '3abgas, Futoors and work on top of it all. Ouff..



72%

of Saudi respondents reported feeling stressed due to financial issues

85%

of UAE university students reported being stressed due to academic workload and financial issues.

70%

of Kuwaitis reported their job as the primary source of stress.





Here are some tips to help you reduce stress:

1. Identify the **source of stress**: Recognize the situations that trigger stress and take steps to avoid or manage them. It seems simple, but actually take the time to do it.
2. **Exercise**: Regular exercise can help reduce stress by releasing endorphins and promoting relaxation. Fast walk before futoor? Cycle class after futoor?



3. Practice **mindfulness**: Check out Love Kindness Meditation, Concentration on breath and Choiceless Awareness.
4. Get enough **sleep**: Lack of sleep can make stress worse, so aim for at least 7-8 hours of sleep per night. 5 hours or less is sleep deprivation btw.
5. **Connect** with others: People you want to connect to, don't over burden your social calendar for the sake of people pleasing.

Don't let stress take over your life. Take action today and start reducing your stress levels.

Take a deep breathe in and let it out.

As a part of Stress Awareness Month The Motivating Coach is offering a 10% discount on our stress management sessions.

Love and glitter. Bashayer

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