reality
WELLNESS GROUP

JANUARY *Boost*

ANXIETY

is a common mental health issue that affects many people. It can manifest as persistent worry, fear or unease, and can significantly impact daily life.

Taking steps to boost your mental health is crucial in managing anxiety.
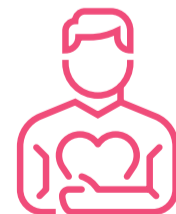
Exercise regularly

Practice mindfulness

Stay connected

Seek help when needed

Prioritise self-care activities

4D HEALTH
THE EXTRA DIMENSION IN FINANCIAL SERVICES

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