



# Easy and fun ways to manage stress





1

# Look at old photos

Scroll down memory lane and relive happy times





2

## Socialize

Take a coffee break with  
colleagues or friends





3

## Plan activities to look forward to

Walk to the market, go out for a meal, watch a movie, go shopping and meet friends





4

## Listen to music

Tracks like ambient and classical music improve your state of mind





5

## Snack healthy

- Dark chocolate
- Crunchy veggies
- Dry fruits
- Popcorn





6

## Maintain a journal

'Brain dump' your thoughts and worries, whether on paper or on your phone



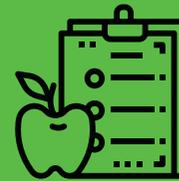
## Help your employees with winding down with Wellbeing on the Web (WoW)



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Nutritionists



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