Stay Calm

Step outfide to calm your mind to regain ferenity

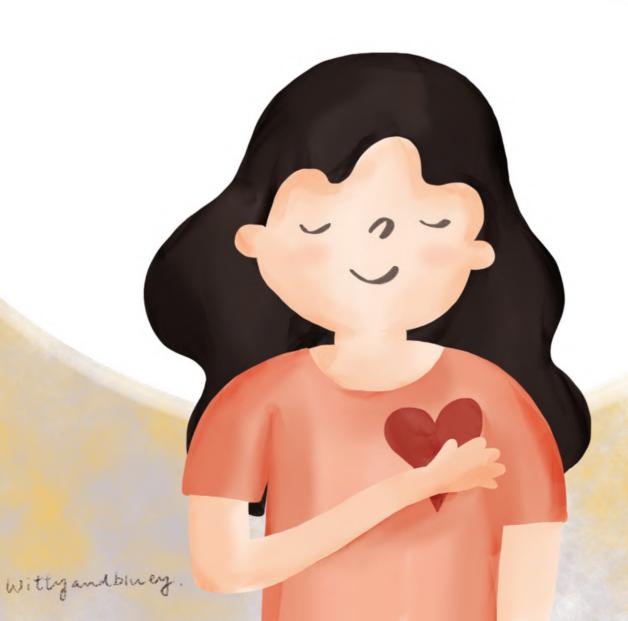




Reprinting of the article with the source stated is welcomed. If you are interested to know more about the tips, please call our 24-hour hotline.

Show Care

Embrace what we still have and spread positive energy eg. a smile, a caring message to stressful people around you





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Rest Well

Exercise,
eat well and
get plenty of rest
to regain a sense of balance





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绿杏冷梦

客讓自己有冷靜下來的時間, 恢復內心的寧靜





歡迎轉載, 惟必須発明出處 若對優質生活小點士存任何疑問, 可软電我們24小時熱線, 鄭顧問雜談。

五相追屬

珍惜我們發布的東西, 並將正能量 (例如一個微笑、一切慰問) 傳送給身邊有需要的人





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级子体是

多做運動,
必得健康,
並獲得充足的休息,
以恢復正常生活狀態



Wittyandbluey

優 員 意 原 解 森 Employee Development Service

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