

# Stress

relieve, reduce, resolve



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Why so stressed? Is it work, a relationship, exhaustion or a combination of stuff? Stress is an integral part of our life experience. When tension builds up... if we don't release it, we can become like a pressure cooker on the verge of exploding. So, when stress takes over, it's essential to:

- **Relieve:** Find easy ways to release the tension and increase your positivity.
- **Reduce:** Know your stress triggers to understand and deal with them.
- **Resolve:** Why wait for the stress to build up? Build your capacity to handle life!

Join us for tips on how to relieve, reduce and resolve your stress

**Thursday, July 14, 2016**  
**7:30 - 8:30 PM**

It is recommended that you arrive early to take full advantage of the meditation at the start of the event from 7:00 to 7:30 pm

**All are Welcome. Free of Charge.**



At the Brahma Kumaris Learning Center for  
Peace  
75 Common Street

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