

CELIA BARSBY

RESETTING YOURSELF FROM STRESS



FOR THOSE WHO NEED IT MOST



CELIA BARSBY



BREATHE

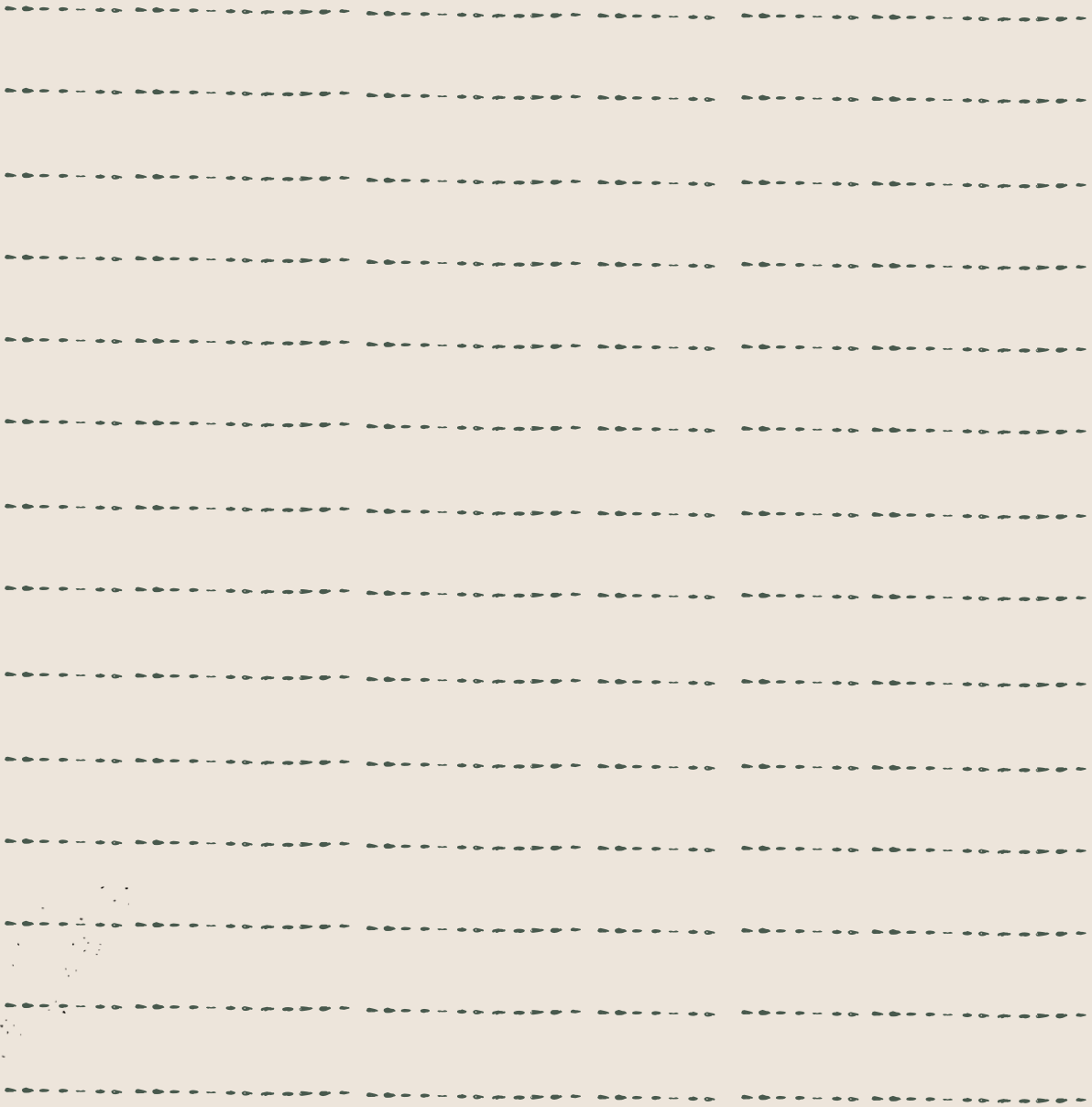
A series of horizontal dashed lines for writing, consisting of 15 lines.

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TRIGGERS



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A series of 15 horizontal dashed lines, hand-drawn in a dark green color, spanning the width of the page. The lines are slightly irregular and spaced evenly, serving as a guide for writing.



PERSPECTIVE

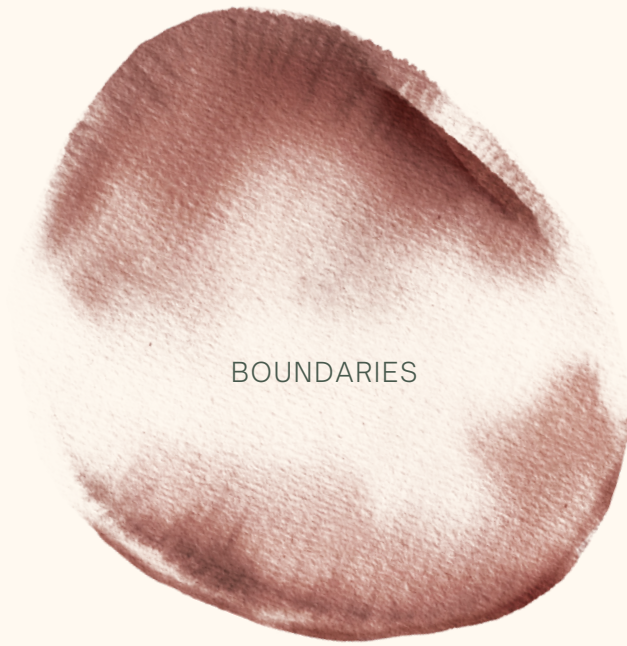
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WORDS HAVE POWER

A series of horizontal dashed lines for writing, spanning the width of the page.

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BOUNDARIES

A series of horizontal dashed lines for writing, spanning the width of the page.

EASY NEXT STEP
STRESS AUDIT

FREE WELLBEING SESSION

FROM ONE PROFESSIONAL TO ANOTHER LET'S CHECK IN
FILL IN THIS PAGE
RIP IT OFF THE BACK OF YOUR HANDOUT
KEEP THE OTHER BIT AS YOUR NOTES
AND GIVE THIS BACK PAGE TO CELIA BEFORE YOU LEAVE

NAME:

COMPANY:

MOBILE:

EMAIL:

YOUR LIFE

YOUR WORK

YOUR ENERGY

YOUR CHOICE