

# ***ANTI-STRESS KIT\****



**BANG  
HEAD  
HERE**

## **Directions**

- Place on a **FIRM** surface.
- Follow directions provided in the circle.
- Repeat until you are de-stressed or become **unconscious**.

\*Consult your health practitioner before use/author does not take any responsibility for the outcome

### **Did You Know?**

Dr Mahendra Perera is available for keynote speeches, workshops and presentations on a range of topics from adult ADHD to workplace stress. Visit the Speaking and Events page or use the Contact form at [mahendraperera.com](http://mahendraperera.com) to learn more.