

# Anti - Stress Toolkit

suitable for all "open spaces" and other stressful environments



**Here bump on the forehead !!!**

## **INSTRUCTIONS FOR USE:**

- 1) Print this page on the paper, plastic folia or another visible material
- 2) Place the print on a stable and solid surface
- 3) Follow the instructions in the ring above
- 4) Repeat until complete recovery from stress (up to unconscious)