**Your coaching / mentoring is practically imperative! Choose counselling wellness centre today 4 all your total overall wellness needs! Practical solutions within realism 4 eg stress relief: Burn candles & blow your problem/s away, write problems down, define them through colours big/ small, put it into balloons and free it up in the skies, write problems down on toilet paper, flush down the toilet, write problems down on paper, wrap paper up and through it away, eg punch a punching bag, write problem/s down on eg BIG presentation board/s, rub it out afterwards, measure you feelings in between/ afterwards, where you feel the feelings aswell, have a special diary write your feelings down discuss these with a holistic counsellor, for insights into understandings!! Holistic counsellors are good coming to eg dream analysis /interprettions & analysis. For these & many more tips contact the Counselling Wellness Centre! Counselling Wellness, toward an improved quality of life!**

**Another interesting tip could be after each day ends, reflect on your problems, & tomorrow begin new, after sleeping about 6 hours! For more on sleeping tips applied to eg restoration etc contact Counselling Wellness Centre!**

**Wanting more info *some* brilliant books to read to aid you eg through turbulences:**

**- "Overcoming traumatic stress". A selfhelp guide using cognitive behavioral techniques. Herbert & Ann Wetmore.**

**- Practical NLP. All you need to get started. Flash. (www.speak-first.com).**