



Do you feel stressed most of the time?

Do you realize stress can affect your health?

Do you find it difficult to deal with your daily life matters?

Would you like to control your stress?

It's **OK** to ask for help. Come to the.....

MENTAL HEALTH AWARENESS SESSION

9th, October 2019 Wednesday

1: PM to 2:40 PM

Venue: Second Floor Lecture Hall, JSMU

Arranged by: CME Department

Session includes:

- Identifying your stress level
- Reducing stress by practicing mindfulness
- Learning self relaxation and Hypnotherapy



JINNAH SINDH MEDICAL UNIVERSITY