

# STRESS HANDLING

thru **ATMA** Exclusive **VAVA** Approach

Integration of Learning from Modern Psychology,  
Management, Ancient Spiritual Wisdom and N L P  
with **MEDITATION** Training



## LIVING IN HARMONY

Living in Harmony believes that we are the creators, sustainers & destroyers of our own world and hence each of us can Live in a better world if we really want. It Propagates Harmonious Living by attaining peaceful and Happy Integration of different faculties of the Individual and ensuring Better Relations with all circles of social living.



### Course Content:

- ☀ Introduction to Living In Harmony
- ☀ Identifying source of stress and podium of communication
- ☀ Techniques to reduce mental agitation and anger
- ☀ Relaxation techniques for improved Neuro-physical health

Course Director

**C K Suresh**

Pioneer of 'Living in Harmony'



Experience the Thrill of living In a World of Harmony !



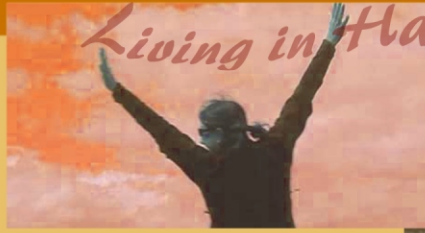
**Attitude Training & Management Associates**  
Centre for Integrated Individual and Organisational Excellence

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*Living in Harmony*



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Every person in every job encounters pressure. Our reactions to positive and negative life events and unjustified expectations produce stress. However, the psychological impact of most negative life events is more stressful.

The impact and the expression of stress vary with the individual and the stressful event. The intrapersonal & interpersonal components of stress interact and react with one another and produce additional stress.

Living in Harmony Philosophy, Cognitive therapy & Relaxation skill training along with Neuro Linguistic Programming techniques assist individuals in managing their lives more effectively reducing the life stress considerably.

Re-examine the importance of life stressors and manage the outcome of stressful events with a blend of traditional relaxation methods and Modern Management to energise the Mind, Body & Soul.

*Life is a Life Long Celebration!*

*Celebrate Every Moment!*

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