

STRESS LEVEL results: In 8 sessions a significant decrease in the stress levels of the participants was observed

93%

Reported that the course had definitely **helped them with their stress levels**

***Testimonial:** "I had very high stress before the course, now I have been sleeping very well; at work, with each patient who requires my services, no matter how angry they get, I have been able to remain calm ... "*

Reduced **STRESS** level:

fewer people have high levels of stress; more people have low levels of stress

Level of perceived stress

