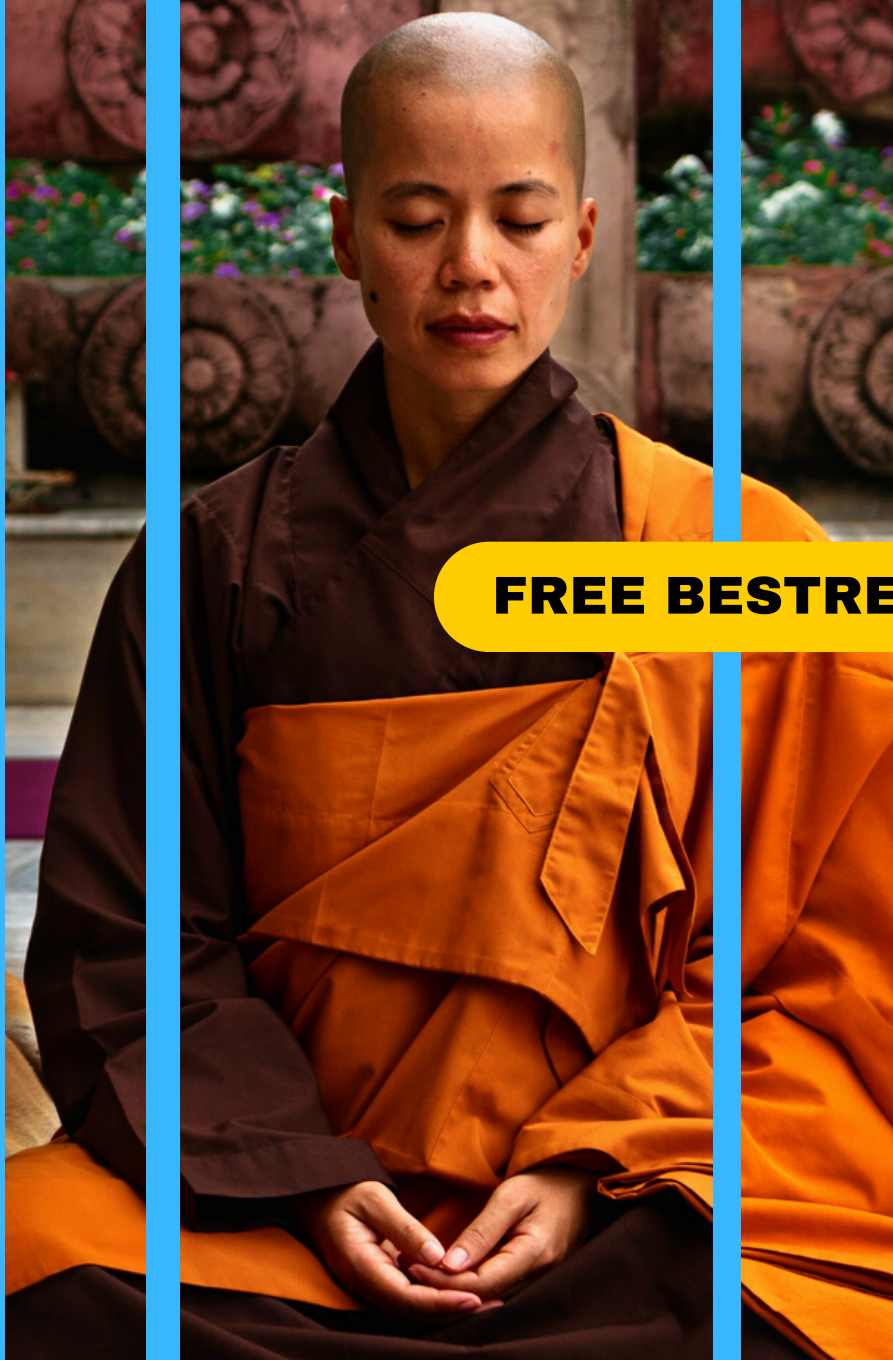


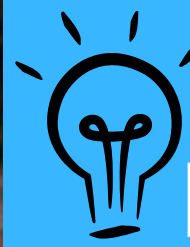
Issue 1
JULY 2023

Be.

Be StressFree



FREE BESTRESSFREE POSTER!

 **MEET
THE FOUNDER**



**SMASH
STRESS!**
IN 30SEC

**MENTAL
+ Health
plan**

**Discover
Who we are**

**Find
yourself
again**



**BRAIN
POWER?**



Instagram

Bestressfree.co.za



Are you drowning in **STRESS?**

You need to be able to understand between acute and chronic stress. Chronic stress lasts longer often for weeks or months, one can become so used to chronic stress that you don't realize it is a problem. *Read our article on the types of stress at www.beststressfree.co.za*

Learn to take it easy **CHILL A BIT!**

We can be so used to swamping ourself with work and unavoidable stressful social matters which leads to overload of stress. It is ok to feel a bit stressed but learn to take time off to yourself, away from high stressful activities or environments and catch a breath from it all. *Read more on controlling stress on our website*

Have a plan to reduce toxic stress

Nothing beats being prepared for difficult situations and unexpected stressful events, have a routine that enables you to become calm and helps reduce stress. It can be breathing exercises or doing a relaxing activity, find out more on stressfree plans on our website.

MENTAL Health

We believe mental health has become a necessity in today's society, the modern world is rapidly evolving and social norms are constantly shifting, as a result it is extremely vital that an individual takes better care of their mental health and that means being able to absorb content that stimulates a healthy way of thinking and living. Find out more about mental health on our website.

Brain POWER?

Brain power is simply your ability to think (intellectual capability). A good question would be, how does one think like a genius? is there a method to increase one's intellectual capability? Visit our website and read more on increasing your brain power so that you can become smarter.



Find yourself again

Is it really worth it, to get to know more about yourself? It's common for us people to know more about things than we do about ourselves, which is quite strange. "know thyself" should be understood as an ethical commandment to know one's own heart and to understand the motives behind one's actions, in order to balance one's will with one's duty. *Immanuel Kant (Metaphysics of Morals, 1797)*. Learn more about understand yourself better on our website

INFLUENCER? Join our campaign



Are you an influencer looking to represent an organisation? stay tuned on our social media pages, website and stand a chance to become our organisational influencer.

**Stand a chance to get free
merchandise and exclusive offers**



— Founder and Director

Albert Hakeem Papi Molemisi

“ Albert is the founder and active director of best stress free innovative health and development services.

"Creativity is everything, find something that enables you to express yourself"

Be.



We strive to provide the best mental health support and resources to all of our clients. Our team of dedicated mental health professionals are here to help guide you on your journey of personal growth and development.

ABOUT

- Leadership oriented
- Team oriented
- High skill orientated





ABOUT

Wellness Services for Optimal Health and Development - BESTRESSFREE

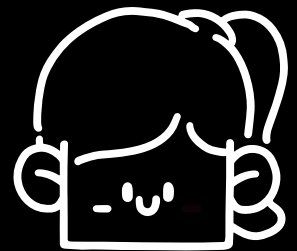


BESTRESSFREE is an innovative health and development service provider, providing a comprehensive set of services designed to help people reach their highest potential. With a strong focus on health and mental wellbeing,

THE TEAM

Jessica Richards

Jessica Richards is a writer and editor at Bestressfree. She is friendly, open minded and a talented writer



Thato Molepo

Thato Molepo is a graphic designer at Bestressfree. Thato is creative in nature and eager to express he's ideas through he's work.



SUBSCRIBE



SUBSCRIBE TO NEW CONTENT ON OUR WEBSITE



@BESTRESSFREEZA



@BESTRESSFREE



@BESTRESSFREEZA



@BESTRESSFREE

