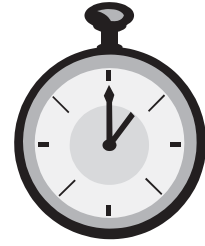


Quick activity



Pair up with another person.

You have two minutes to agree on the three most important and best ways of reducing stress in the workplace.

Be prepared to explain your choices.

The three most important and best ways of reducing stress in the workplace:

1.

2.

3.



Photocopiable:

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