



HOW DO YOU BEAT STRESS?

**MEN'S
HEALTH
WEEK**

MEN'S HEALTH FORUM 

Singing is a proven stress-buster.

Then there's exercise, dancing, laughing, music, painting, writing, volunteering, helping a mate, learning something new, meditating and getting a good night's sleep.

But one thing helps more than anything.

LET'S TALK
menshealthforum.org.uk