



## Essential supplements



If you experience chest pain or discomfort, unusual profuse sweating, out of proportion breathlessness or uneasiness please don't push yourself and stop running. Please seek medical help and go for health checks as advised by the doctor.

- Irritability
- Extreme mood swings



- Avoiding conversations and confrontation
- Steering clear of extracurricular activities
- Spending more time alone



- Do not force your child into confessing how they're feeling. Give them time, be patient. Let them open up on their own.

If you partied the night before, make sure you are feeling fresh and tidied up. It may look like you have a serious problem controlling your substances. Don't let people in the workplace find this out. Instead, be more cautious and serious about this.

