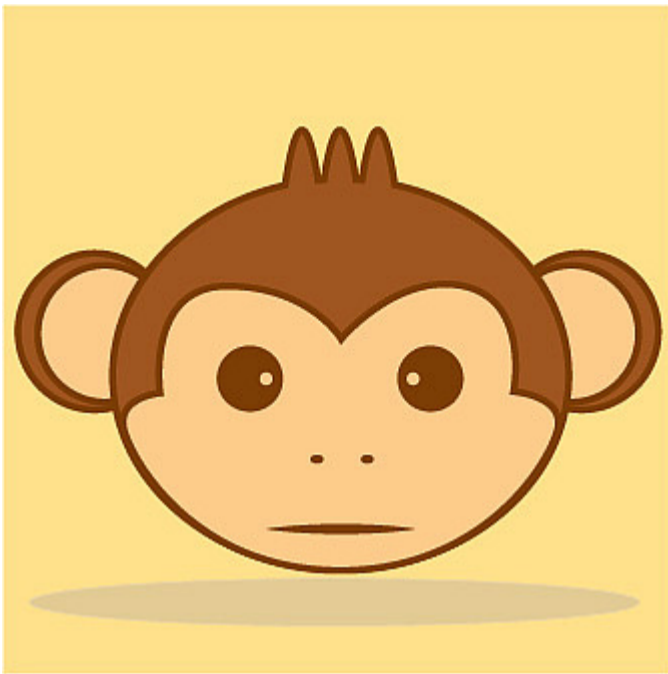
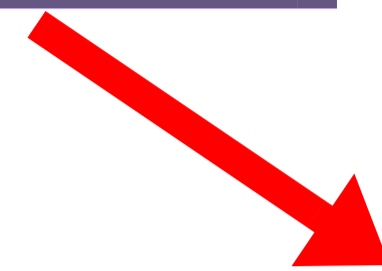
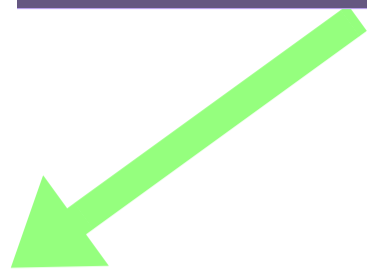


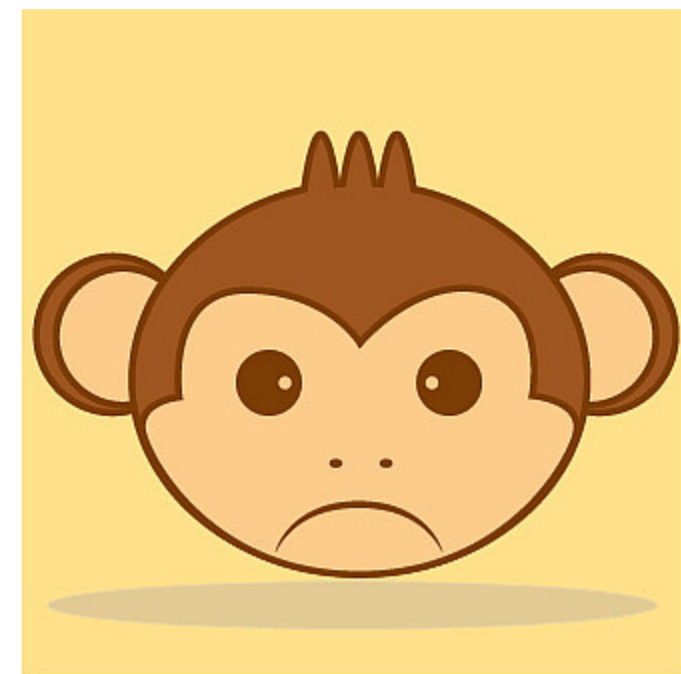
Do You Rest?



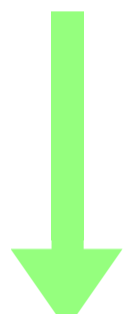
No



Yes



Sometimes



It's boring!

Are you having more symptoms?

When I feel really ill



No

Yes

Great! Keep doing what you're doing.

You need to rest more!
Even though it's boring!
Have you tried...

Meditation Apps

Visualisations

Yoga Breathing

Body Relaxation Meditations