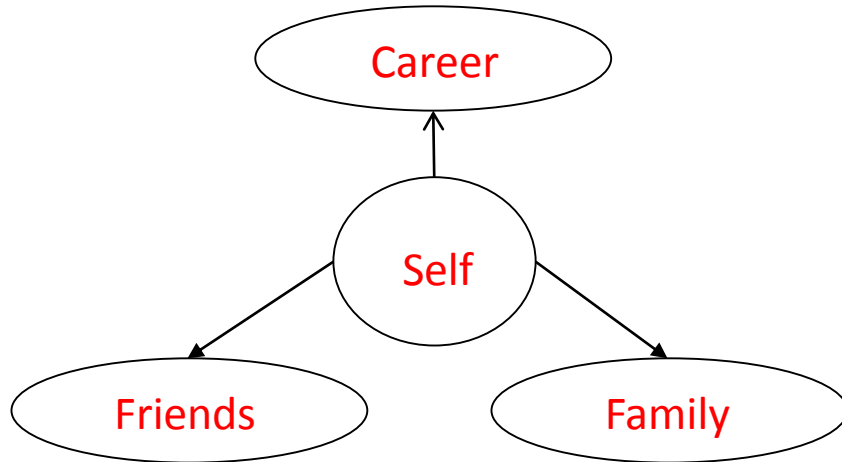
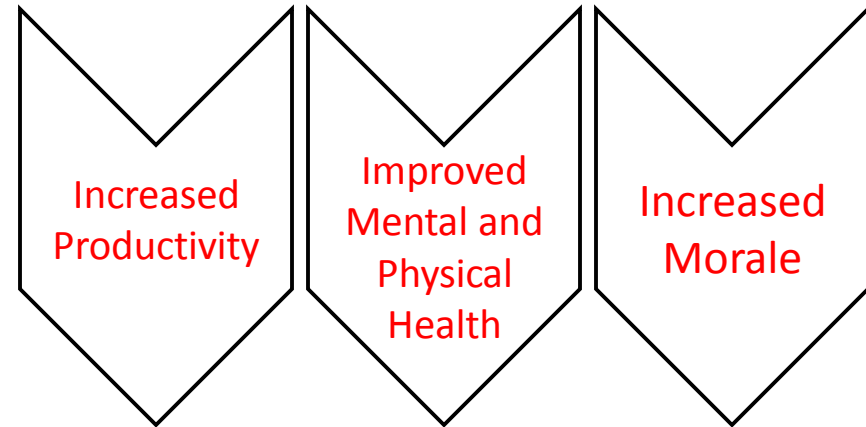


In the Balance Notes (Key)

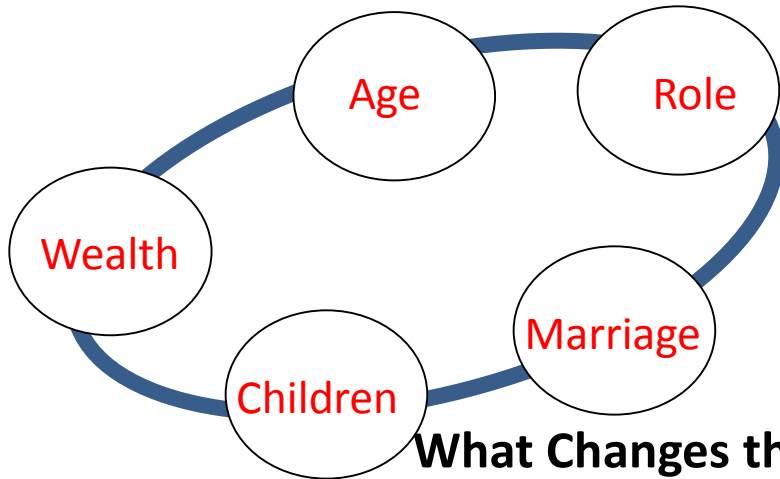


What Is It?

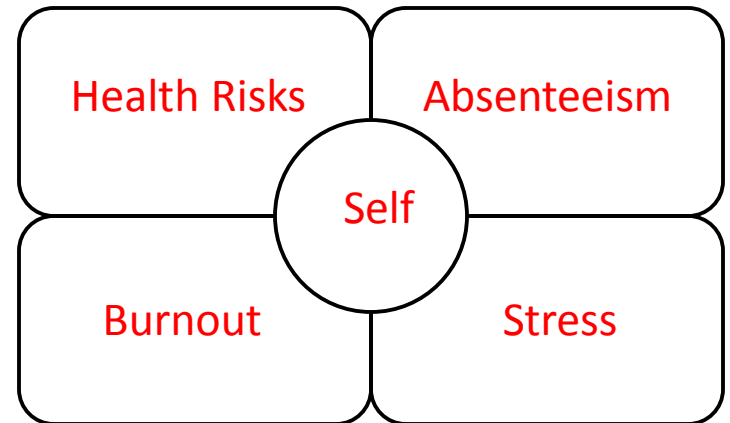


Achievement, Enjoyment and a Happier Self

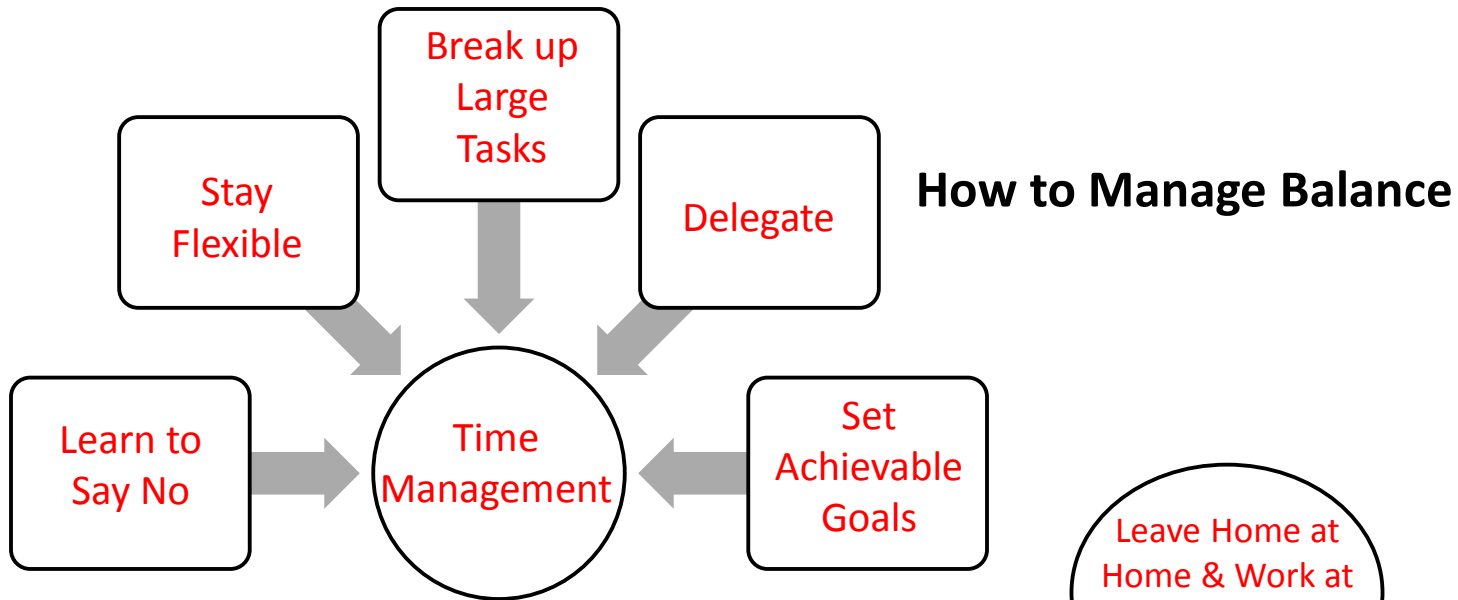
The Benefits of Balance



What Changes the Balance?



Signs of Improper Balance



How to Manage Stress



Hotel Industry Stress

Long hours	Poor working conditions	Unusual hours
Relocation	Fast paced working conditions	Demanding or irritated guests
A variety of jobs or tasks	Difficult and/or dangerous tasks	Juggling different tasks