

I learned:

How to manage stress.

I relearned:

How to relax and make it through the day.

My attitude is too negative.

How I might use tonight's information:

To better my everyday life, make life less stressful.

To be more positive; to help make our business run smoother, to assist customers who demonstrate stressful symptoms, to increase safety awareness through stress management.

Something I wanted you to know:

How stress can be dealt with, life is stressful but sleep is good, Smile God loves you.

Possibly hold this seminar during ag appreciation week.