

Humble. Surfing Stress



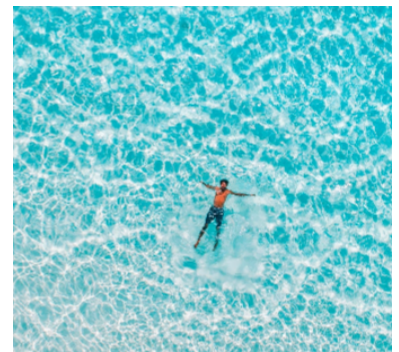
Hello, how are you feeling?

My name is Dr Bhatia. I am a GP, well being consultant and founder of Humble- an organisation that helps us bring out our best.

We float in a sea of emotions

As we surf the ups and downs of life, the waves of energy (stress) can be exciting but sometimes overwhelming too. Stress is helpful in improving our focus, but if intense or prolonged becomes distress - contributing to diseases, errors and conflicts*. Alas it's often unnoticed until too late.

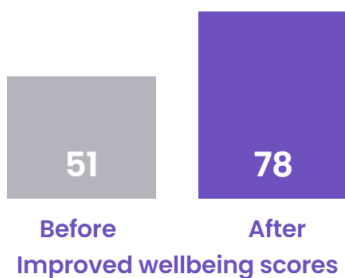
*BMJ Stress and disease 1958;2:285



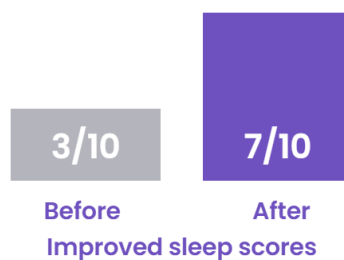
The good news is that learning to “surf stress” is a simple way you can balance stress & rest so you flow with feelings as you ride the waves of life. This can have profound benefits for your mental health, physical health, work and relationships too.

Science made simple. We offer personalised support, online seminars & self-care resources tailored to suit you. Combining the science (neurobiology) with holistic tools (breath, sleep, nutrition, movement and mindset) we make it easy to surf the stress in your life. Most people see progress in 1 session and great results in 4.

Happier



Healthier



To get in touch or find out more: www.humble.info