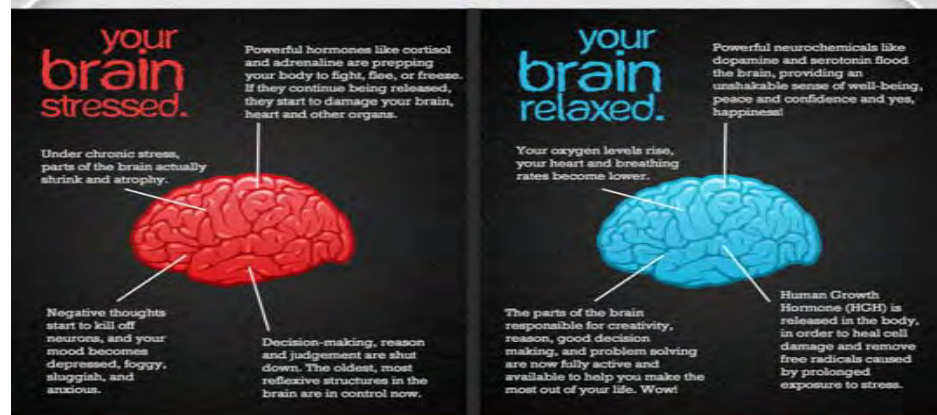


# A Short, Brainy Tale

for Stress Awareness Month: April 2012

meet max.  
(max is stressed. to the max.)

max is a lot like  
you and me.



Wow, Max! You look great!

mindlev  
science for a balanced life.

twitter.com/mindlev  
facebook.com/mindlev  
www.mindlev.com

\*sources include:  
American Psychological Association  
National Institutes of Health

## 'SHARING IS CARING' PILIHAN

# THIS IS YOUR LIFE.

TRY NEW THINGS. FIND OUT WHICH THINGS YOU LOVE. AND DO THEM OFTEN. MAKE TIME FOR YOUR FAMILY AND GOOD FRIENDS. WORK HARD. DON'T BE AFRAID TO CRY OR LAUGH. LOVE HARDER. BE INSPIRED AND INSPIRE OTHERS. SING LIKE NO ONE IS LISTENING. DANCE LIKE NO ONE IS WATCHING. STOP SEARCHING FOR TRUE LOVE. IT WILL FIND YOU. LEARN SOMETHING NEW EVERY DAY AND SHARE IT WITH SOMEONE. BE PASSIONATE ABOUT THE ONES YOU LOVE. FOLLOW YOUR DREAMS. BE AN INDIVIDUAL. LET THEM TAKE YOU TO NEW PLACES. RESPECT YOU FOR IT. INTRODUCE YOURSELF TO NEW PEOPLE. KNOW YOUR FAULTS STRIVE TO BE A LITTLE BETTER EVERY DAY. STOP WORRYING. START TRUSTING. HANG ON TO YOUR PAST BUT LOOK FORWARD TO YOUR FUTURE. FORGIVE AND FORGET. EAT, DRINK AND BE MERRY. MOMENT. TRAVEL OFTEN. SMILE OFTEN. LOVE OFTEN. YOU ONLY LIVE ONCE.

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# BULETIN



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# 'MESYUARAT TAHUNAN & PEMANTAPAN AKRAB JKR MALAYSIA 2017

8-10 Mac 2017 @ Dewan CREaTE, Melaka



# 'PROGRAM OUTREACH AKRAB JKR @SOC JKR MALAYSIA 2017'

22-24 Mei 2017@ Bukit Gambang Resort City, Pahang

