Stress - Text - Final

Stress: Look at the time that you have, and plan what you can actually fit into that time. Overbooking yourself will only add unnecessary stress.{{DIVIDE}}Reply STOP 1 to unsubscribe to this program. Reply STOP ALL to unsubscribe to all programs. Message and data rates may apply.{{DIVIDE}}Thank you for subscribing to Motivational Texts. Please complete the following survey {{url}}/home/survey?subscriber={{registration}}&program={{category}}