



How We Feel App

Everything has an impact on you and that has an impact on your behaviour.

Becoming self aware of the things that trigger you and the more you become adept at noticing as it happens, the more control you have over how you react to different circumstances - and that is resilience.

Download the free app by scanning the QR code below



<https://me-qr.com/l/wefeel-iphone>



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