

Write a HOS Email using a SWIPE file product “We canned a feeling”

Subject line: Anxiety is your master... but it doesn't have to be

She gasped, struggled to her feet, then fell silent. Forever.

Miwa Sado, age 31, was found lifeless in her apartment, clutching her cell phone.

Her final morning was like any other.

She woke. She dressed.

And hurried to her job as a journalist for the local TV station.

Little did she know, this day marked her end.

The cause of her premature passing?

Anxiety, stress, and overwork – 209 hours of overtime, to be exact.

Miwa Sado's tragic story mirrors the harsh reality of overwork for thousands each year.

Yet, a solution exists, a science-backed remedy for stress and anxiety, poised to revive your spirit.

Step away from the daily grind and embrace tranquility. Prioritize your well-being with [Recess Mood sampler](#).

And politely but firmly decline that extra workload.

To your health!

R.W.

