



Dr Mike Scanlan: What works to feel less stressed?

Help us to help you!

Please complete the survey – it takes just 2 minutes!
It will help us support you more in the future!



[Click here for survey](#)

What works to feel less stressed?

Click the link below to go to the recording with closed captions.

[Click here to go to the recording](#)



Use the  button to adjust closed captions options

Help us to help you!

Don't forget to complete our survey!



aspire-higher.co.uk/

[Click here for survey](#)



[@AspireHigherNet](https://twitter.com/AspireHigherNet)



Dr Mike Scanlan: What works to feel less stressed?

