

Table of Contents

Music Relaxation: A Touch of Healing Tones	5
Emotions and Mental Health from the Chinese Medicine Perspective	7
Well-being and Self-Care: Fostering a Balanced Life	9
Strategies for Effective Learning	11
Time Management and Techniques for Successful Planning	13
Nutrition Practices with Traditional Chinese Medicine: Self-Massage Techniques	15
Positive Effects of Tibetan Dance Techniques on Mental Health	17
Mindfulness: Focusing on the Present Moment	19
Welcome Office	20