

KAS STRESS ON

SOTSER VÕI VAENLANE?



RAIMO ÜLAVERE

29.08.24

... RAIMO  
ÜLAVERE  
COACH-  
ING

STRESS ON  
HEAD



♥ JERVIŠ ↑  
☑ TULEMUS ↑

STRESS ON  
GLAZES

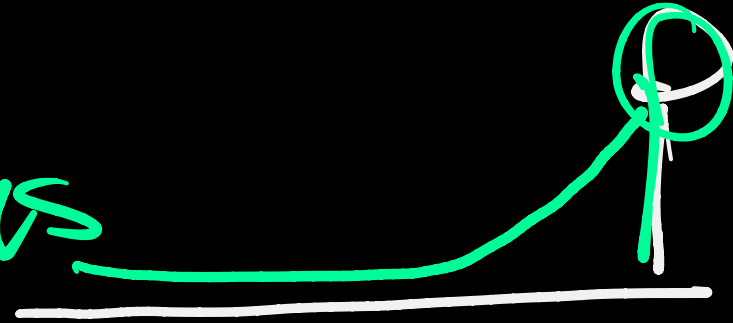


♥ JERVIŠ ↓  
☑ TULEMUS ↓

RAIMO  
ÜLAVERE  
COACH-  
ING

MINS ME STRESSAHE?

1. A7A KPEI OTZUS



2. TESTE  
KINNANG



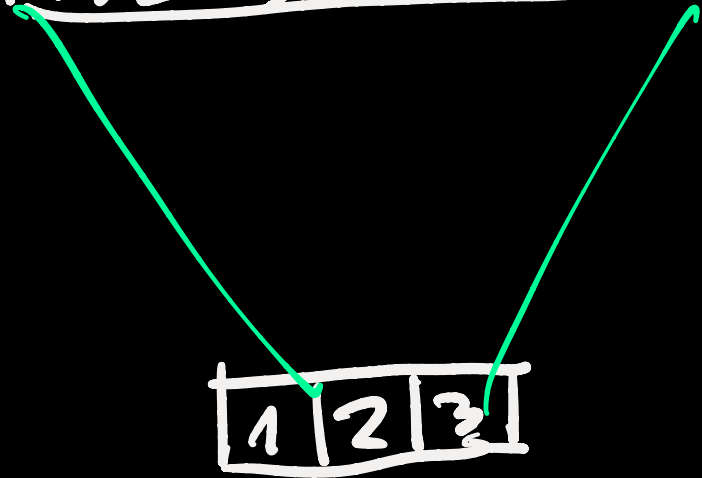
3. TANTIS (!)



... RAIMO  
ÜLAVERE  
COACH-  
ING

# MIS MEIEGA TOIMUB?

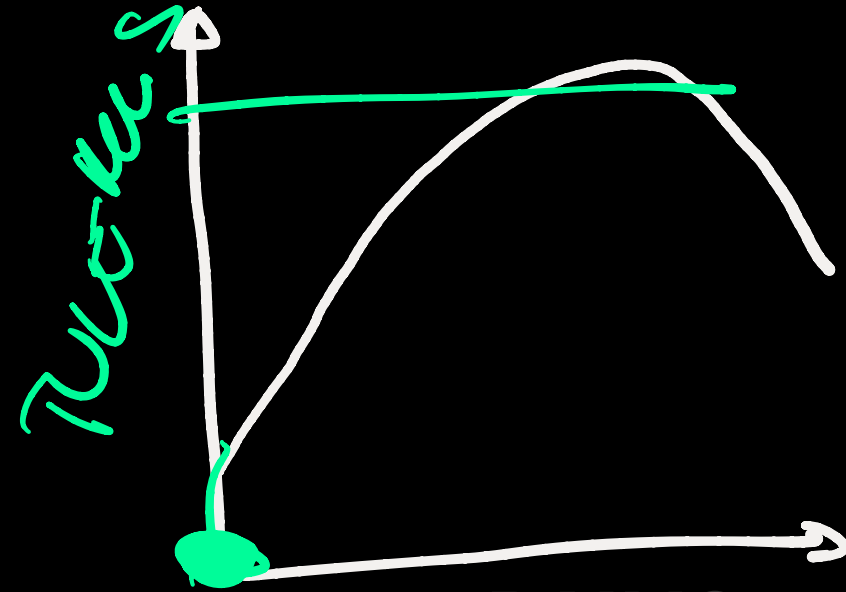
TANELEPANU



RUUTIS

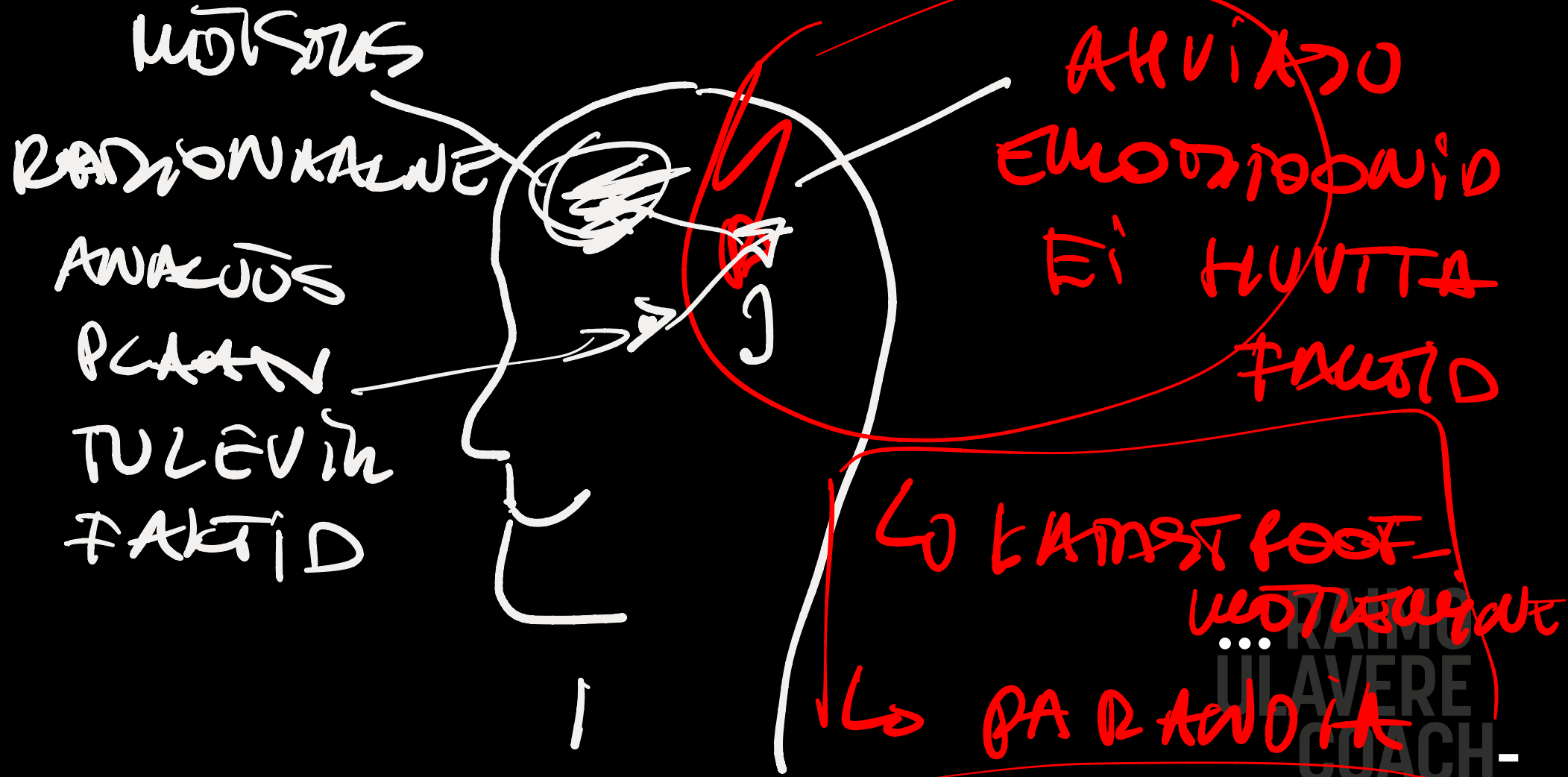


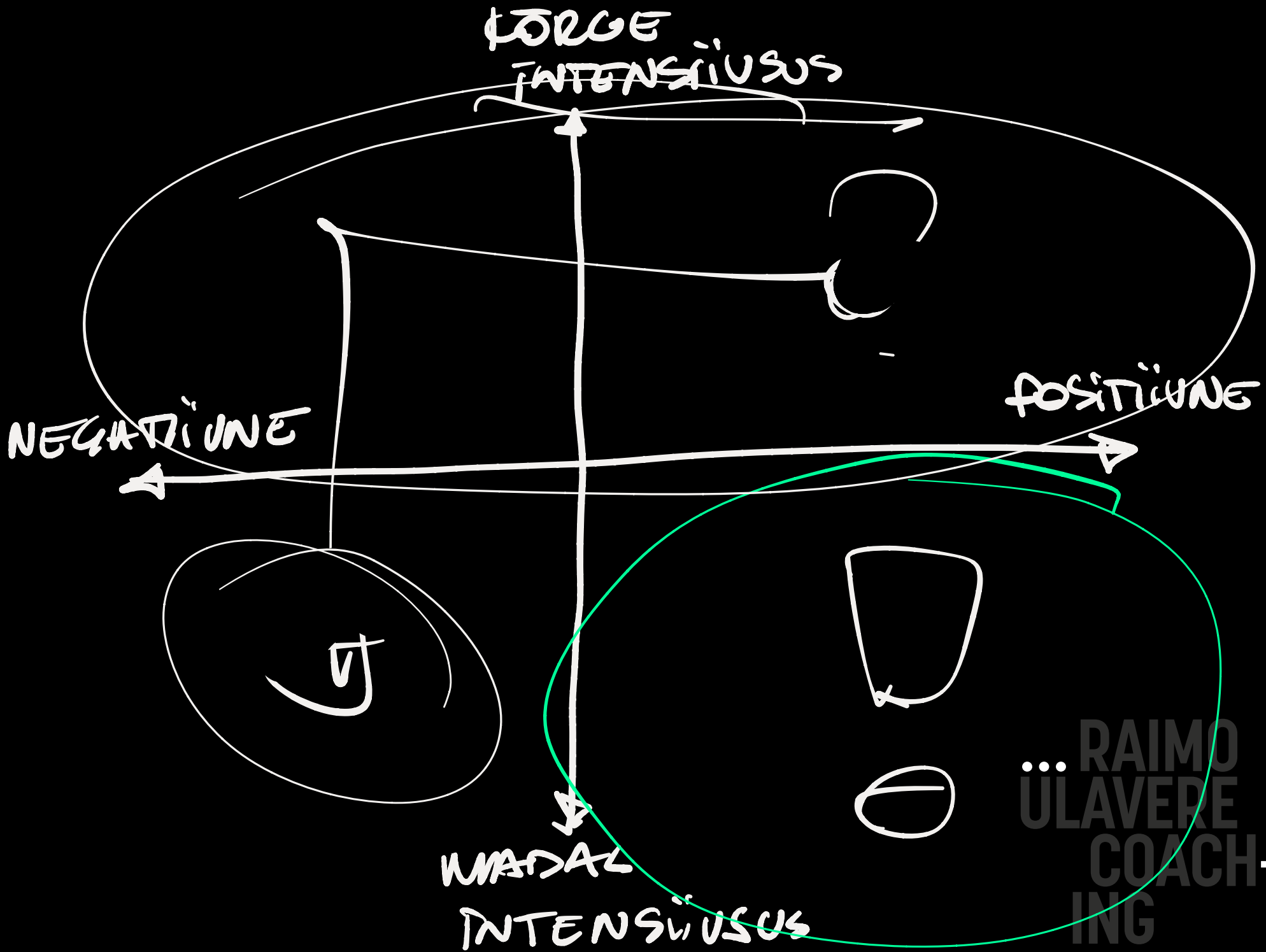
SOPRITUS



TRAINING  
ULAVERE  
COACH-  
ING

# MILS ME OLE STRESSA ME?





... RAIMO  
ÜLAVERE  
COACH-  
ING

# KIIRER VAHENDID:

↳  KOKKUMANDAS  
TÄHEKS

↳  KIRJUTA KIRI

↳  KÄINE "TOOLIKAS" 

SUURE MÕSUGA  
VAHENDID

PÕHI MÕTTED:

↳ HEA SORITUS = STRESS + PÕHIVES

↳ HEA ELU = OTUSED  
- REAALSUS

RAIMO  
ÜLAVERE  
COACH-  
ING



SUURE KESKUS  
VAHENDID

TEGEVUSED!

↳ MIS ON TÄHTIS? ≡

↳ 

1	2	3
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 KALENDER

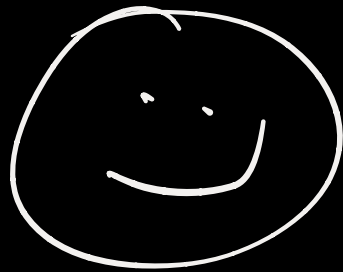
↳ UNUSTA TASAKAAL

↳ MIINE TRENNI

✓ AEROOBNE  
✓ KILT  
✓ 2000

DAVID  
ULAVERE  
COACH-  
ING

AITÄH!



PS STRESS ON HEA, ELS! <sup>17</sup>

RAIMO  
ULAVERE  
COACH-  
ING