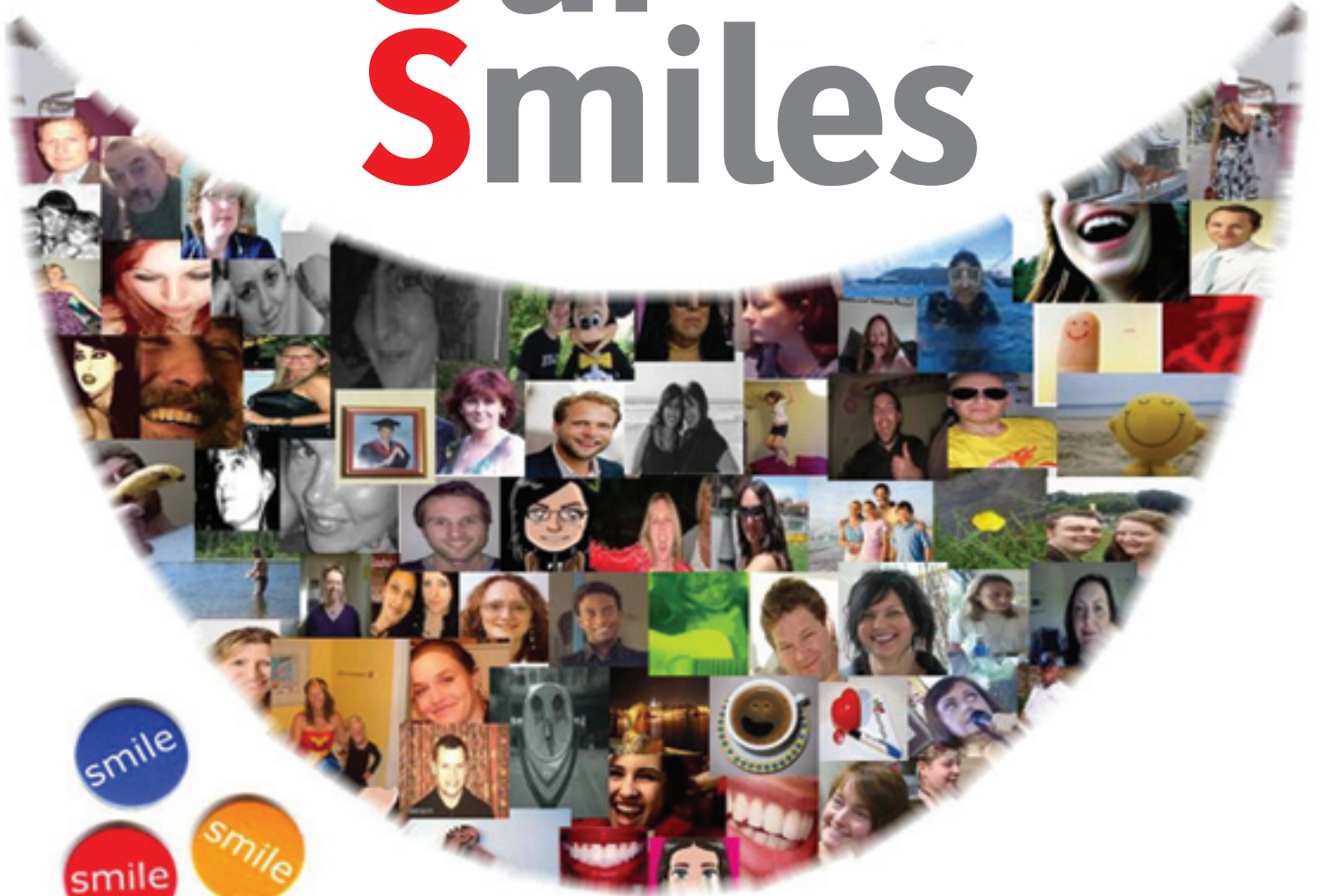


Save Our Smiles



We're currently losing 13 million working days every year because of stress.

Smiling helps you feel calm and in control.

Your body releases feel-good hormones, and the stress hormone, cortisol, is reduced.

It lowers your blood pressure and makes you feel good about yourself.

Paritas provides a range of recruitment services. Find out more about how we can improve mental health and wellbeing in your workplace.



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