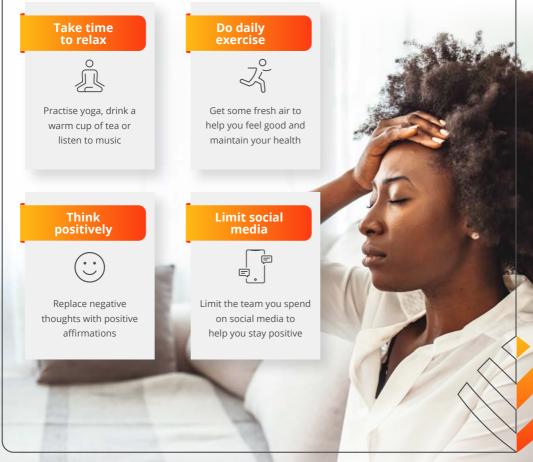


## When you \_\_\_\_\_\_ feel stressed

Use these tips when you feel stressed or anxious. When you are feeling stressed or anxious, use these quick tips and get right back on track.



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