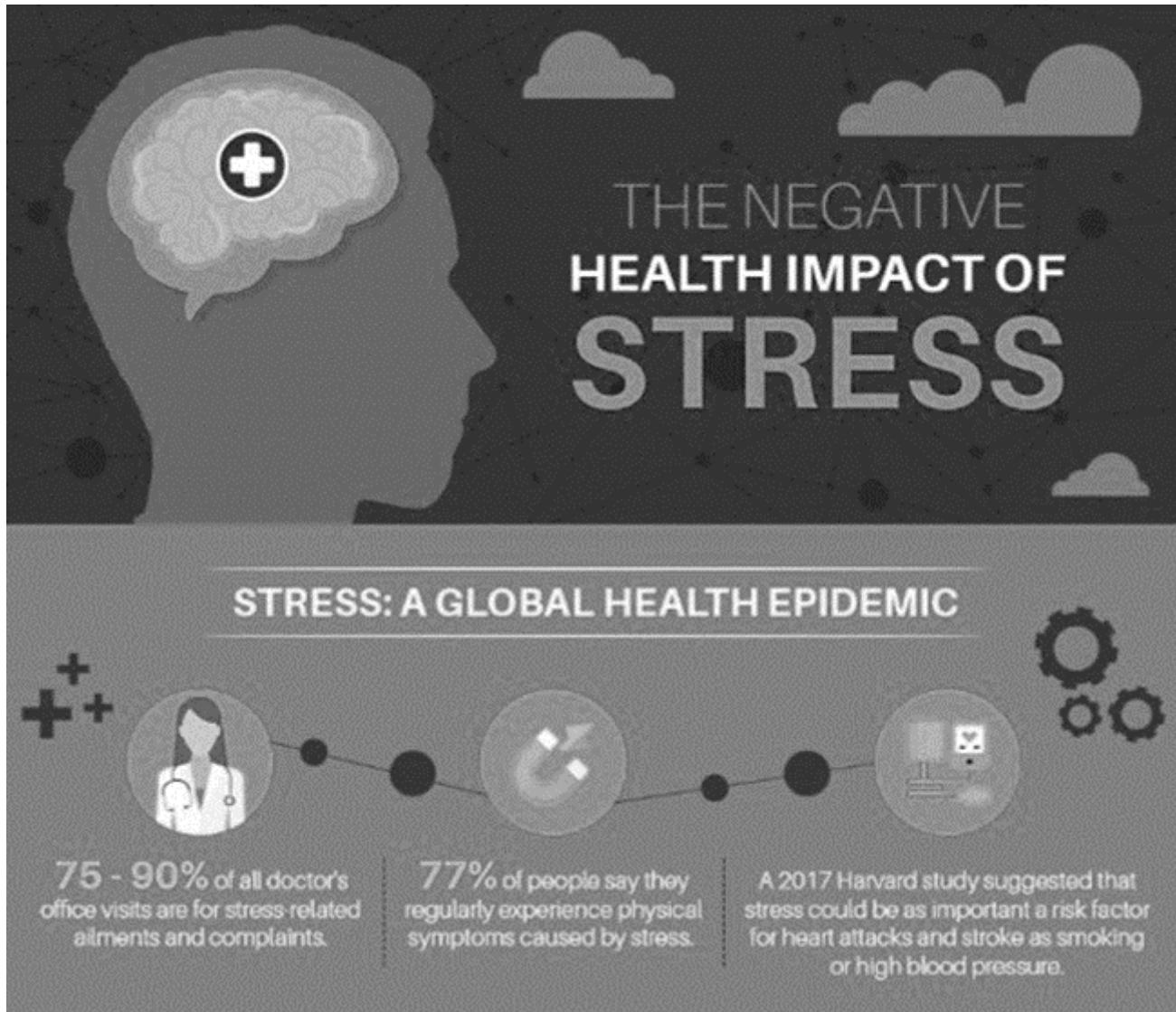
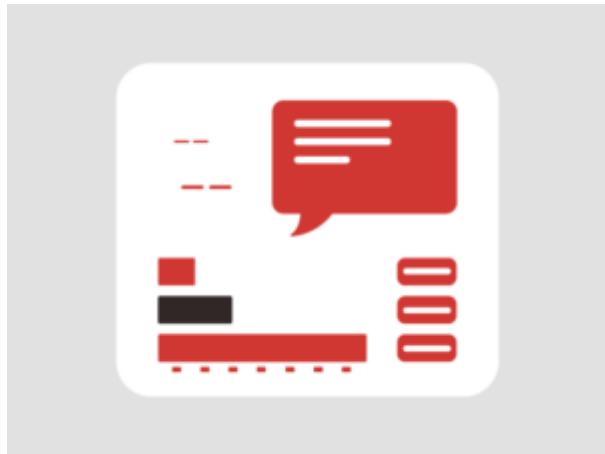


Managing and Reducing Stress Infographic



Source: <https://lakehealthandwellbeing.com>