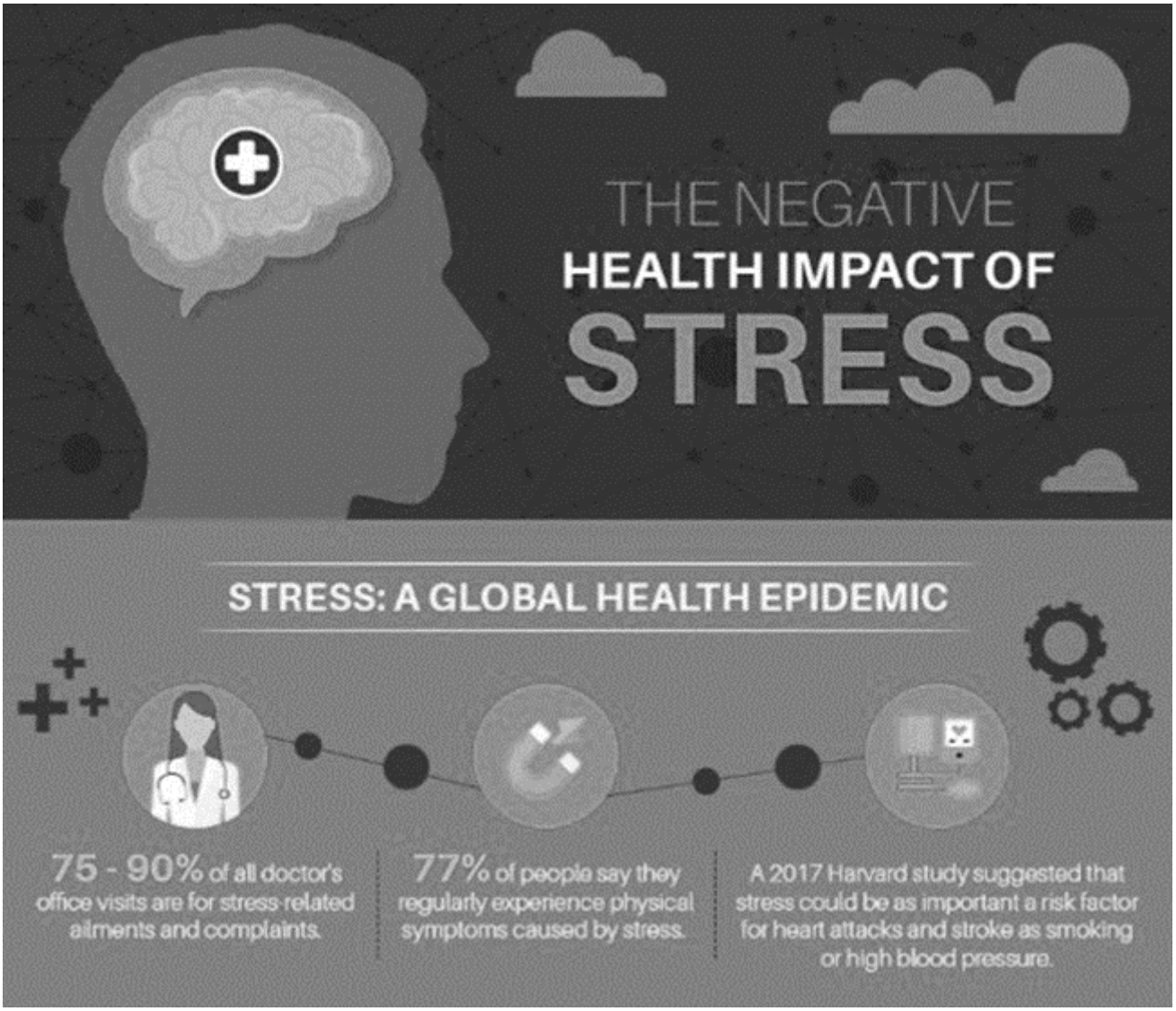
Managing and Reducing Stress Infographic



Source: https://lakehealthandwellbeing.com