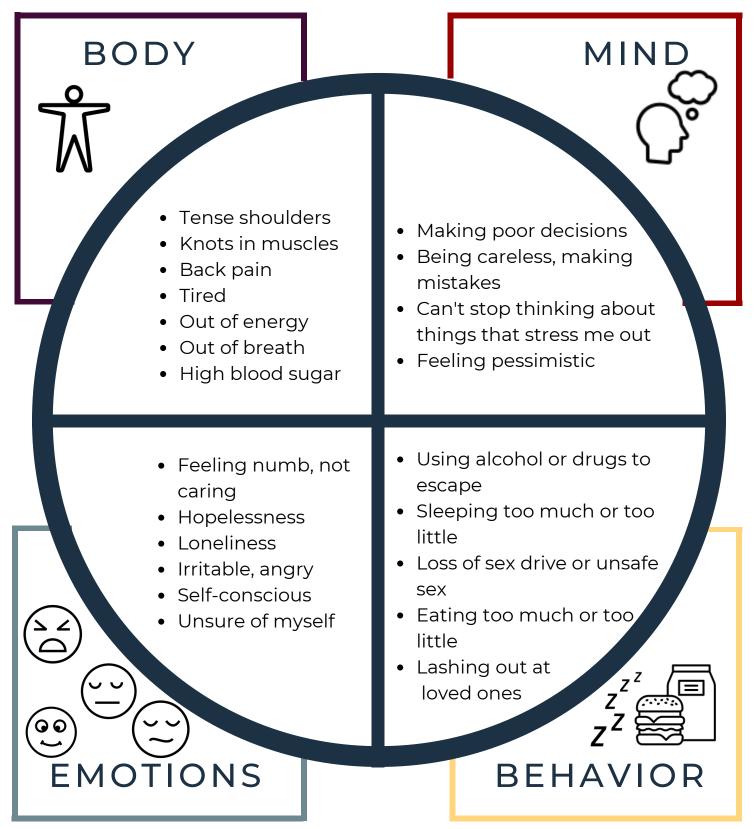
## HOW DOES MY BODY REACT TO STRESS?



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## WHAT CAN I DO TO HELP MY STRESS LEVELS?

