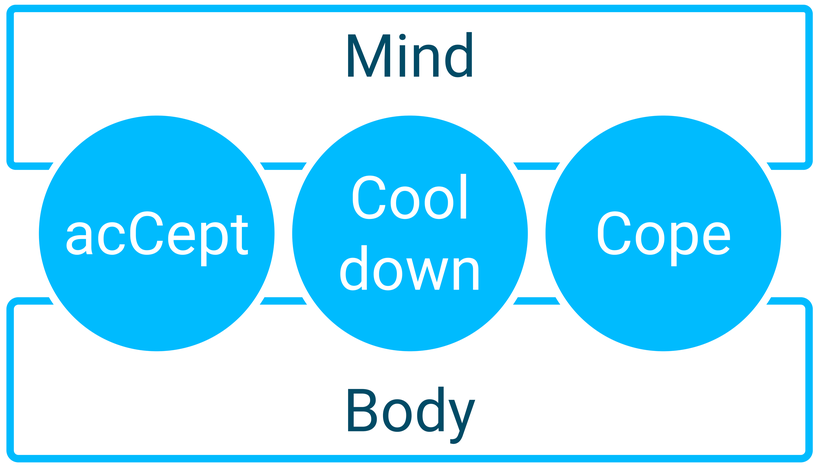
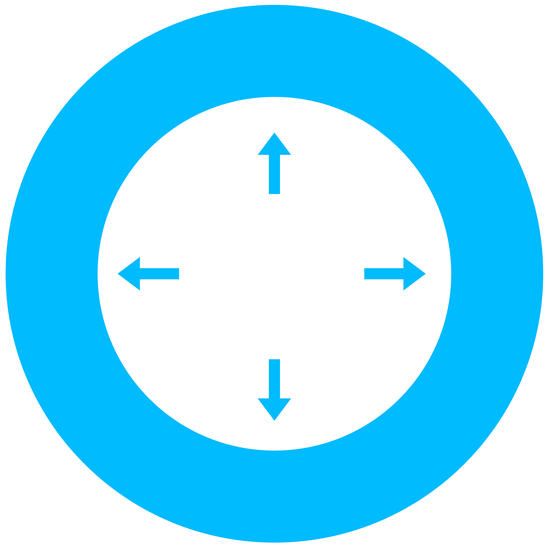
Recognize triggers

"3C" to interrupt

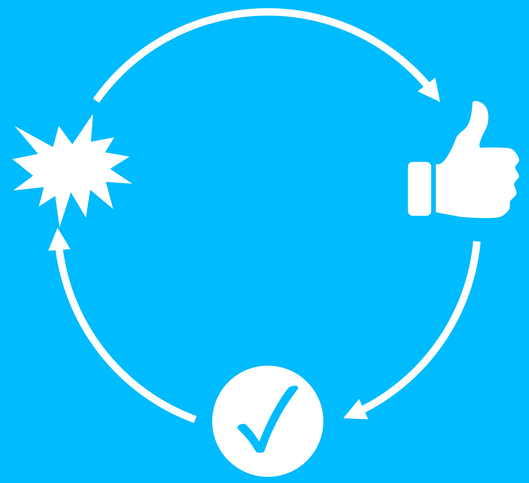


Stress amplifiers

Circle of influence



Effective coping



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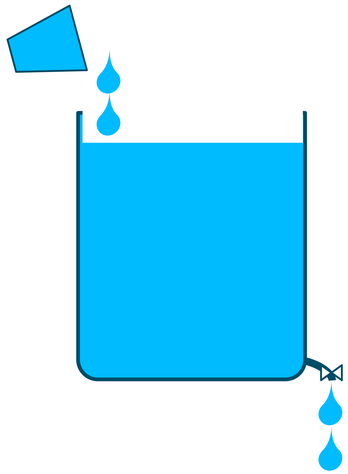
Regenerate



Sleep | Exercise | Nutrition

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