
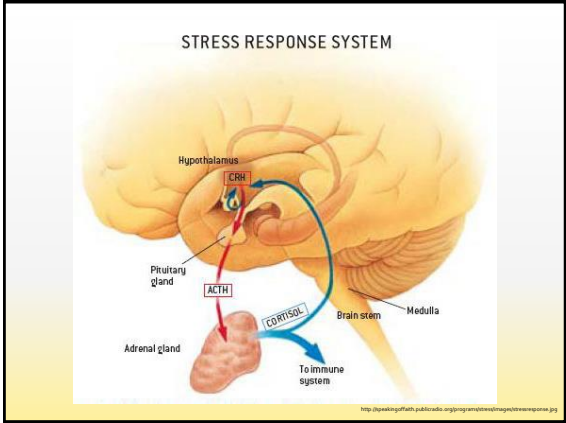


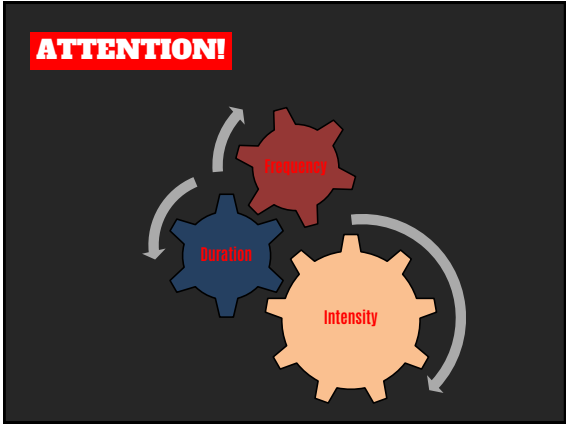


Stress and HEALTH



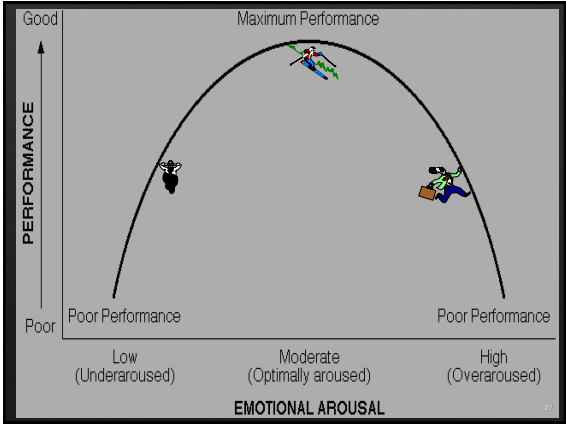
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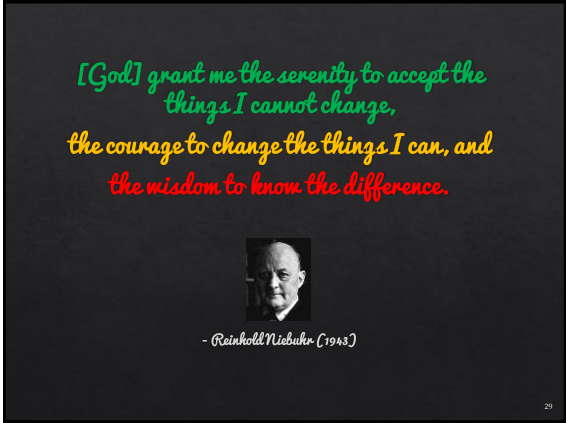


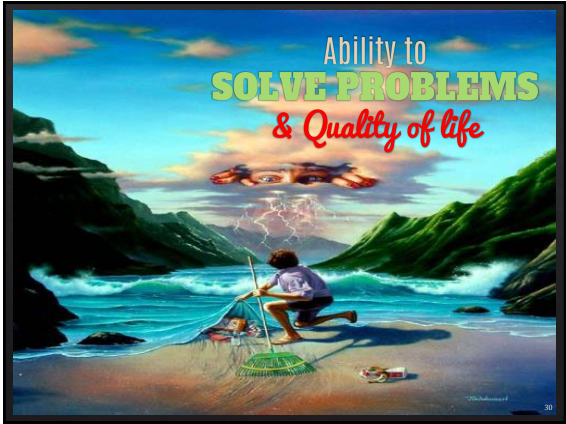


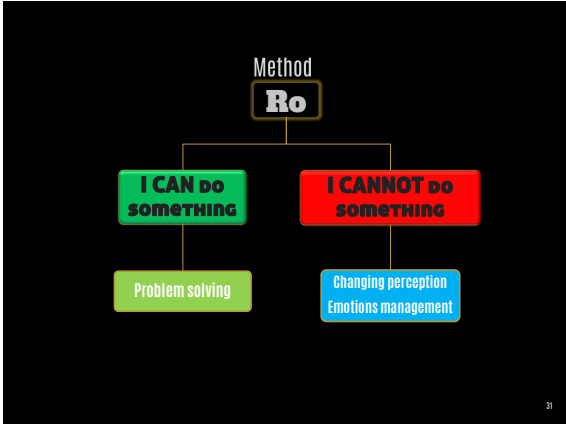
















QUIZ

Stress is ...

35


QUIZ

What is your 'ultimate freedom'?

*to choose your attitude
- in all situations, no matter how
desperate they may appear or
actually be*

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SUMMARY



41

SUMMARY

... can be good or bad

- *can you manage it?*

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SUMMARY

We all have problems

- *attitude is key*

43

SUMMARY

Can I change the problem?

If not

- *change perception*
- *manage emotions*

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