

STRESS LEVEL



April is stress awareness month

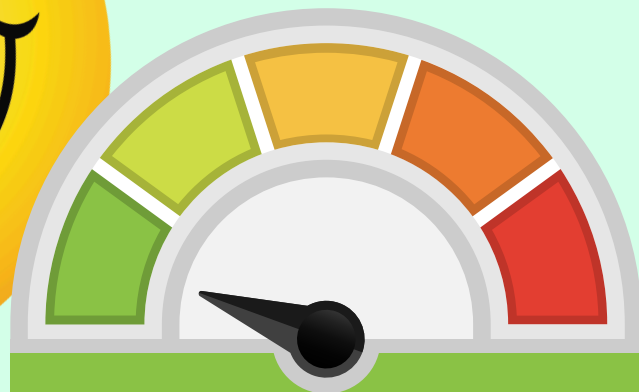
recognise stressors

seek help

stay connected

self help

self care



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