

Figure 4.1 Reacting to Stress

Responding Mindfully To Stress

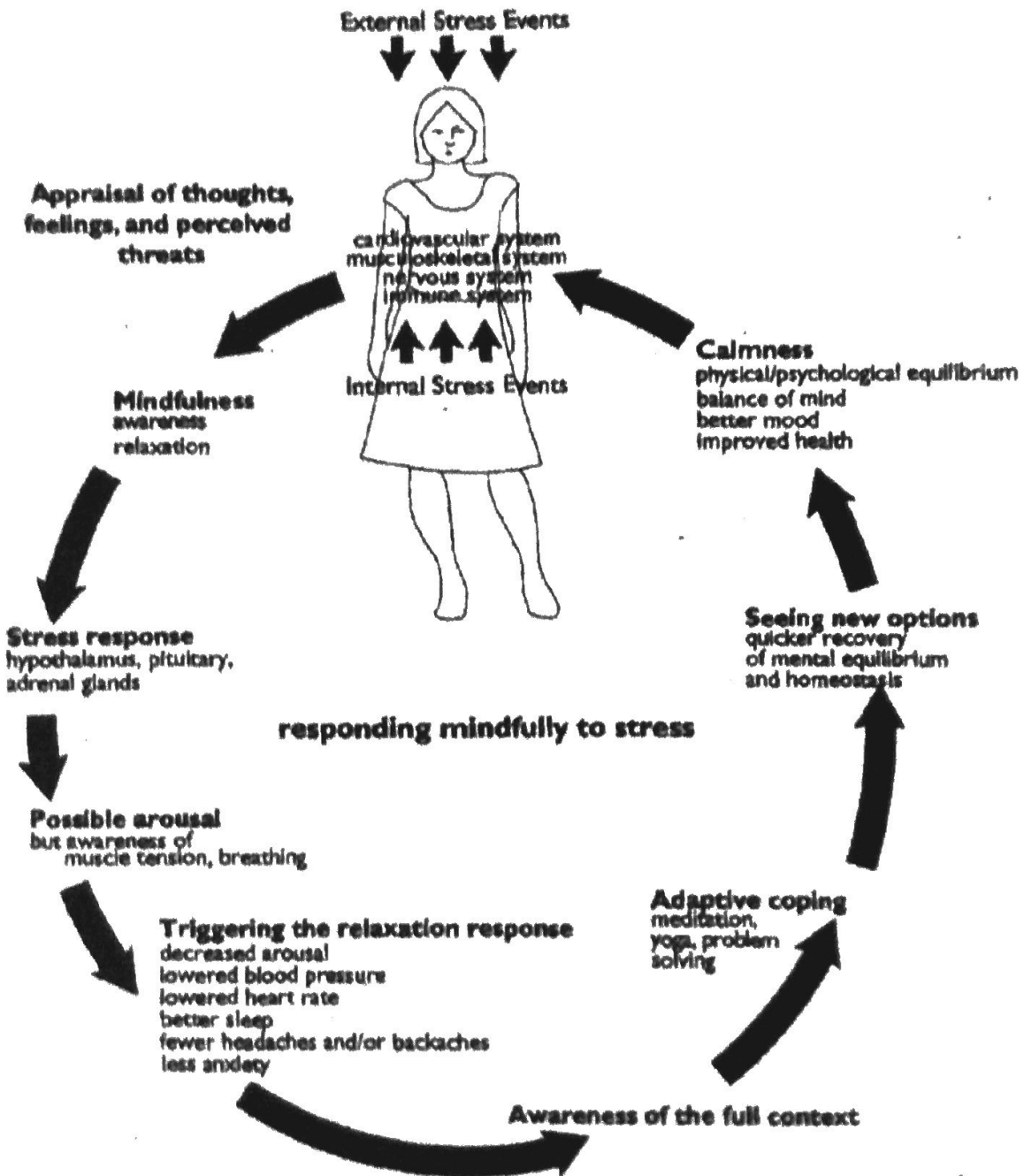


Figure 4.2 Responding to Stress