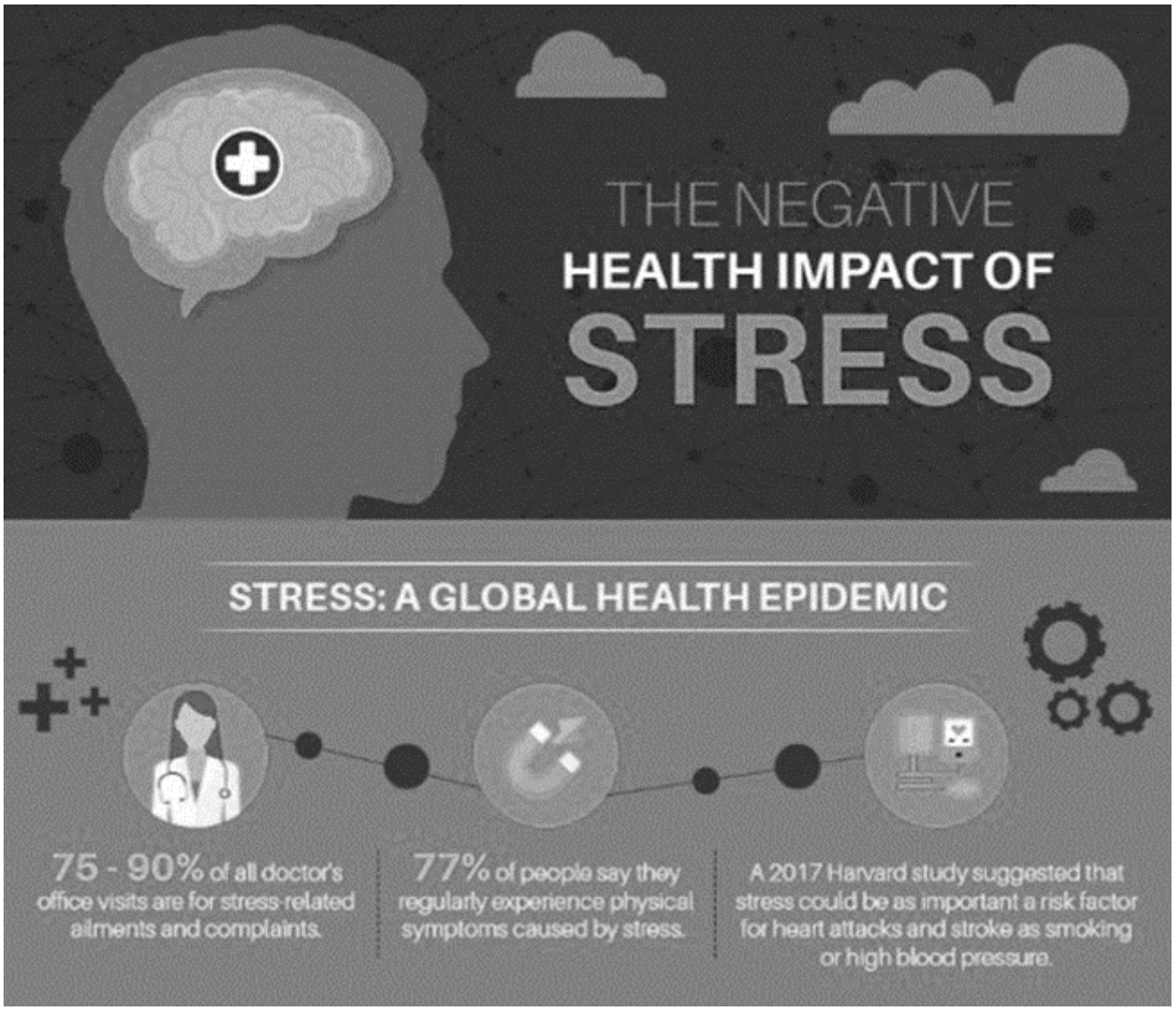
# Managing and Reducing Stress Infographic






**Source**: https://ilt.safetynow.com