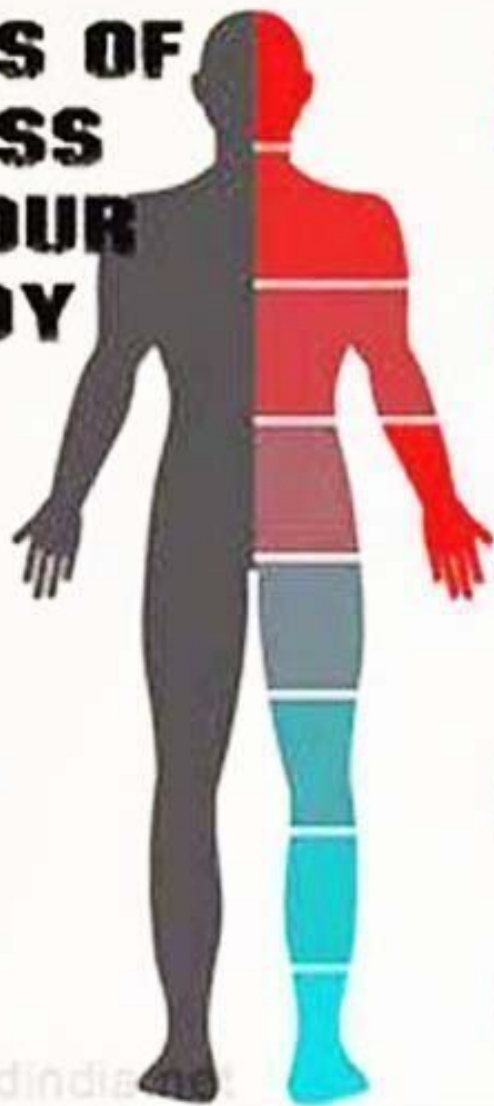


STRESS

A man with dark hair, wearing a light blue long-sleeved shirt, is seen from behind. He has his hands pressed against his eyes, suggesting a state of stress or frustration. He is looking at a chalkboard where the word "STRESS" is written in large, white, chalky letters. The word is surrounded by a dense, chaotic network of thin, colorful lines (red, blue, green) scribbled across the board, creating a complex and overwhelming visual. The background is dark, making the white chalk and colorful scribbles stand out.

EFFECTS OF STRESS ON YOUR BODY



**Brain - Depression,
Anxiety, Panic Attacks etc ..**



**Heart - Rise in Blood Pressure
and Risk of Heart Attack**



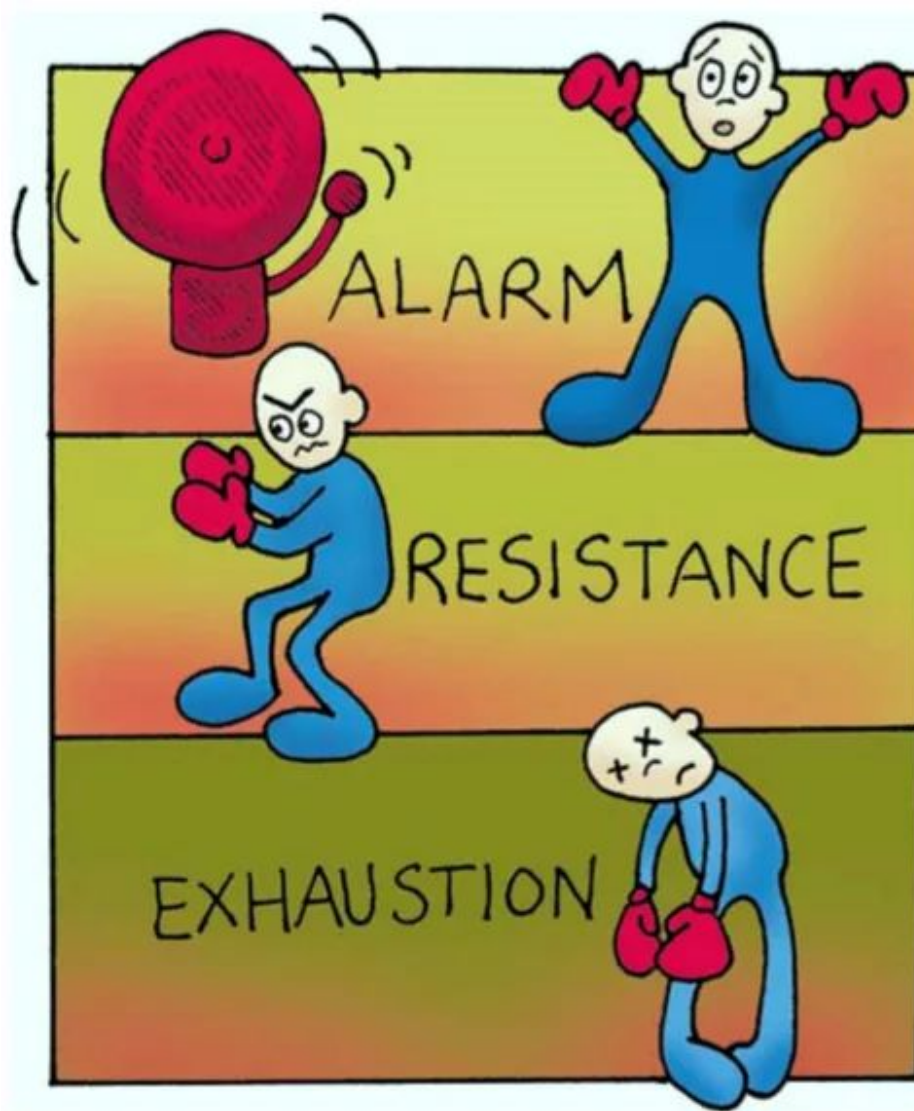
**Lungs - Strained Breathing &
Possible Asthma Attack**



**Stomach - Stomach Pain,
with or Even Without Ulcers**



**Bone - Frequent Muscle
and Joint Pains.**



Three reactions or stages of stress