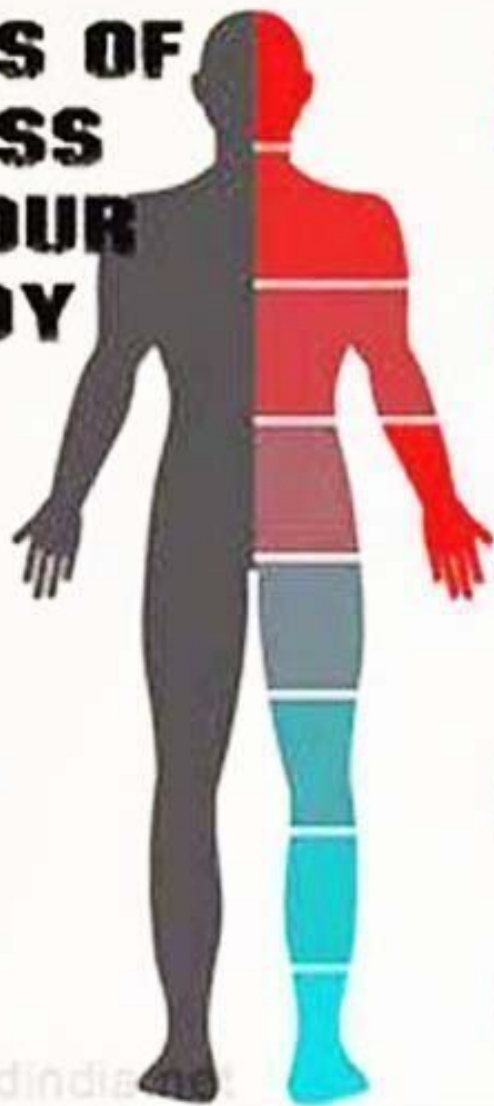


STRESS

A man with dark hair, wearing a light blue long-sleeved shirt, is seen from behind with his hands covering his ears. He is looking at a chalkboard. The word "STRESS" is written in large, white, chalky letters across the middle of the board. The entire board is covered with a dense, chaotic network of thin, colorful lines (red, blue, green, purple) scribbled over the word and the background, creating a sense of overwhelming noise or mental clutter.

EFFECTS OF STRESS ON YOUR BODY



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



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



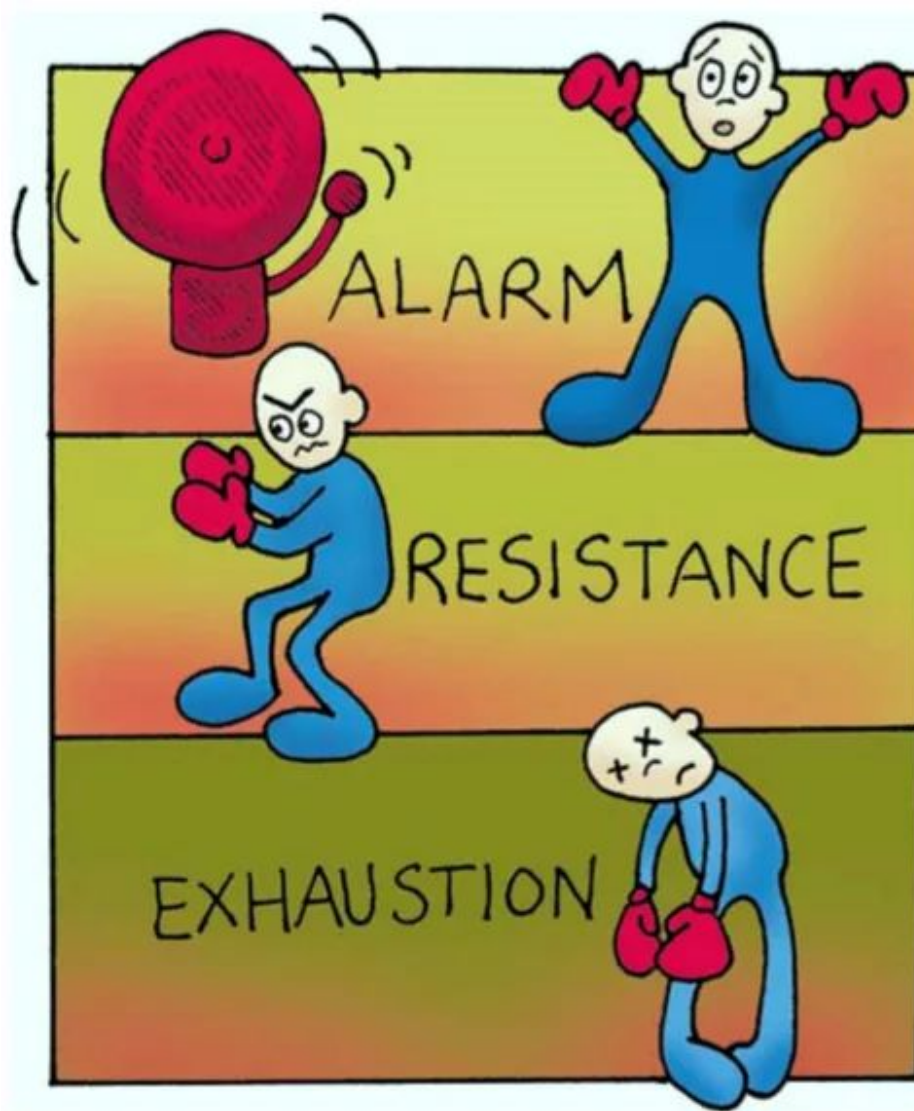
**Lungs - Strained Breathing &
Possible Asthma Attack**



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



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



Three reactions or stages of stress