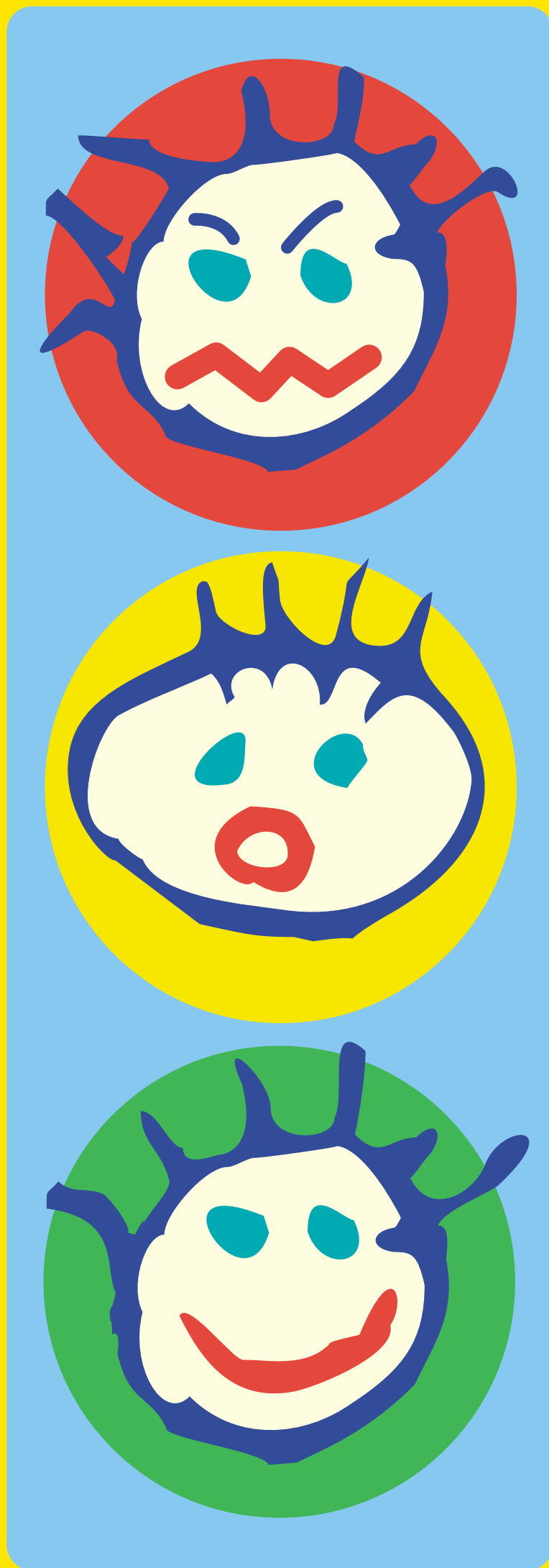


The Stress Stoplight

Red: Stop!
(Stress)

Yellow: Change!
(Use the tools)

Green: Go!
(I can cope)



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