



Pressure, performance and stress

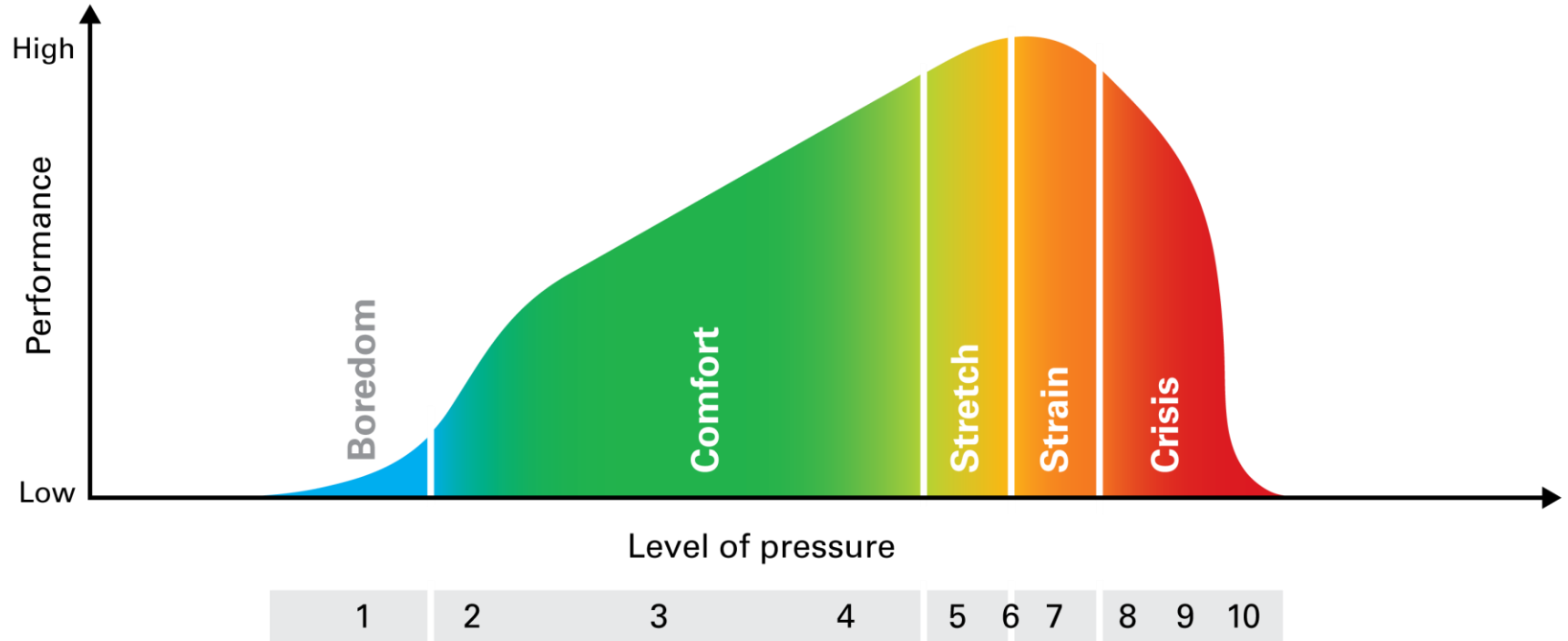


Health moment Pressure, performance and stress

your wellbeing

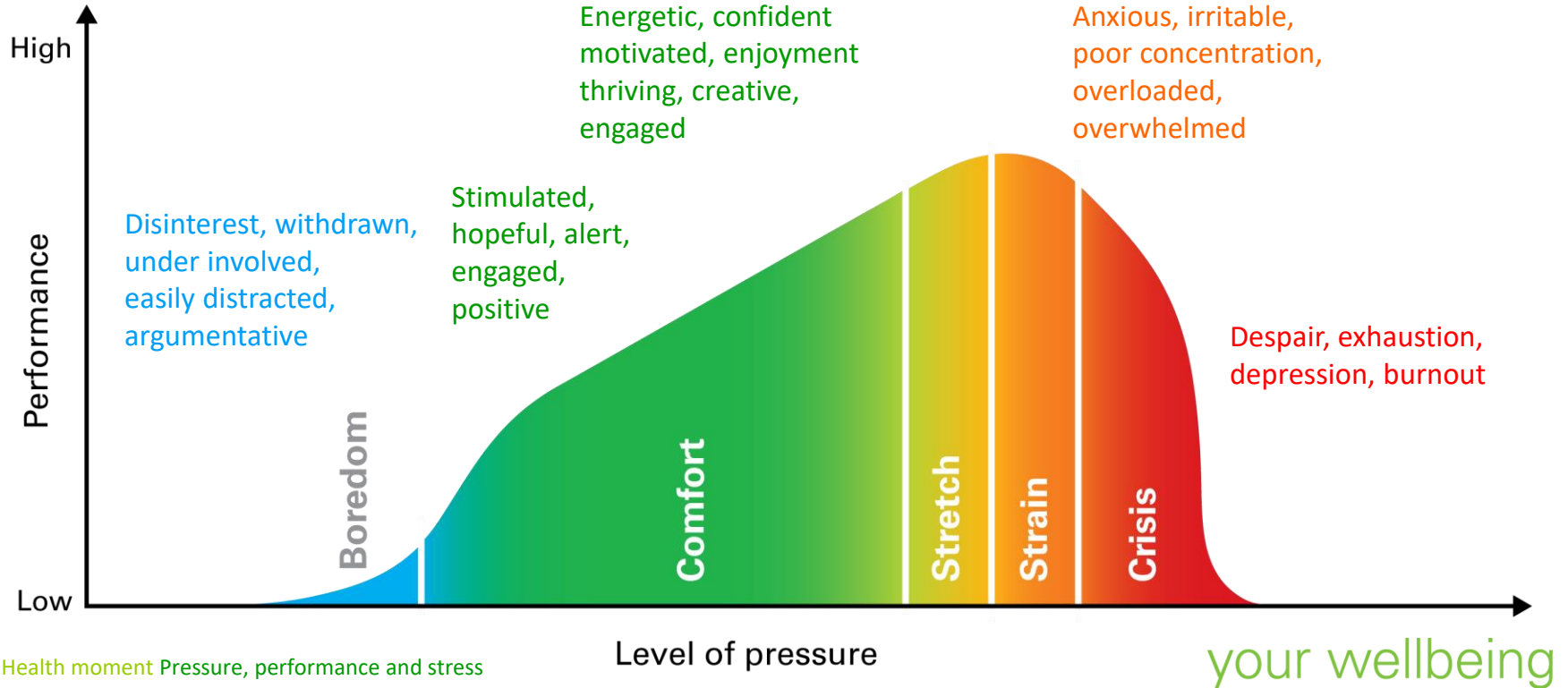


Are you thriving or are you stressed?





How can you recognize where you are?





Action to reduce stress and maximize resilience

