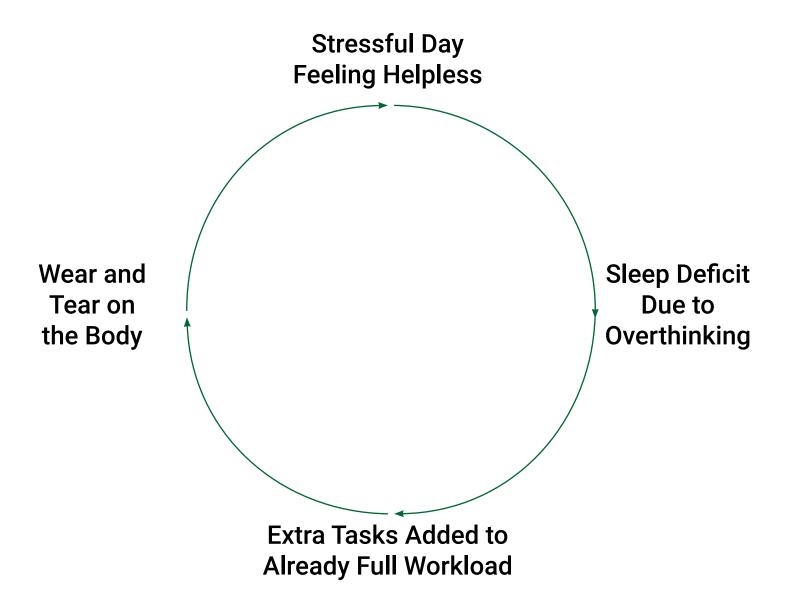
THE CIRCLE OF STRESS





At the end of the day, stress occurs when we feel that we lack the resources to meet our demands.