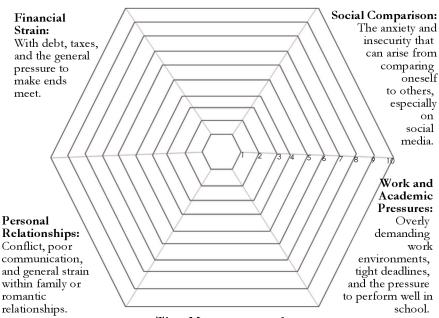


Stress Hexagon

Health and Lifestyle:

Illness, inadequate sleep, poor diet, or excessive consumption of alcohol or caffeine can contribute to stress.



Time Management and Work-Life Balance: Feeling overwhelmed by juggling work, personal commitments, and leisure time.

Example

