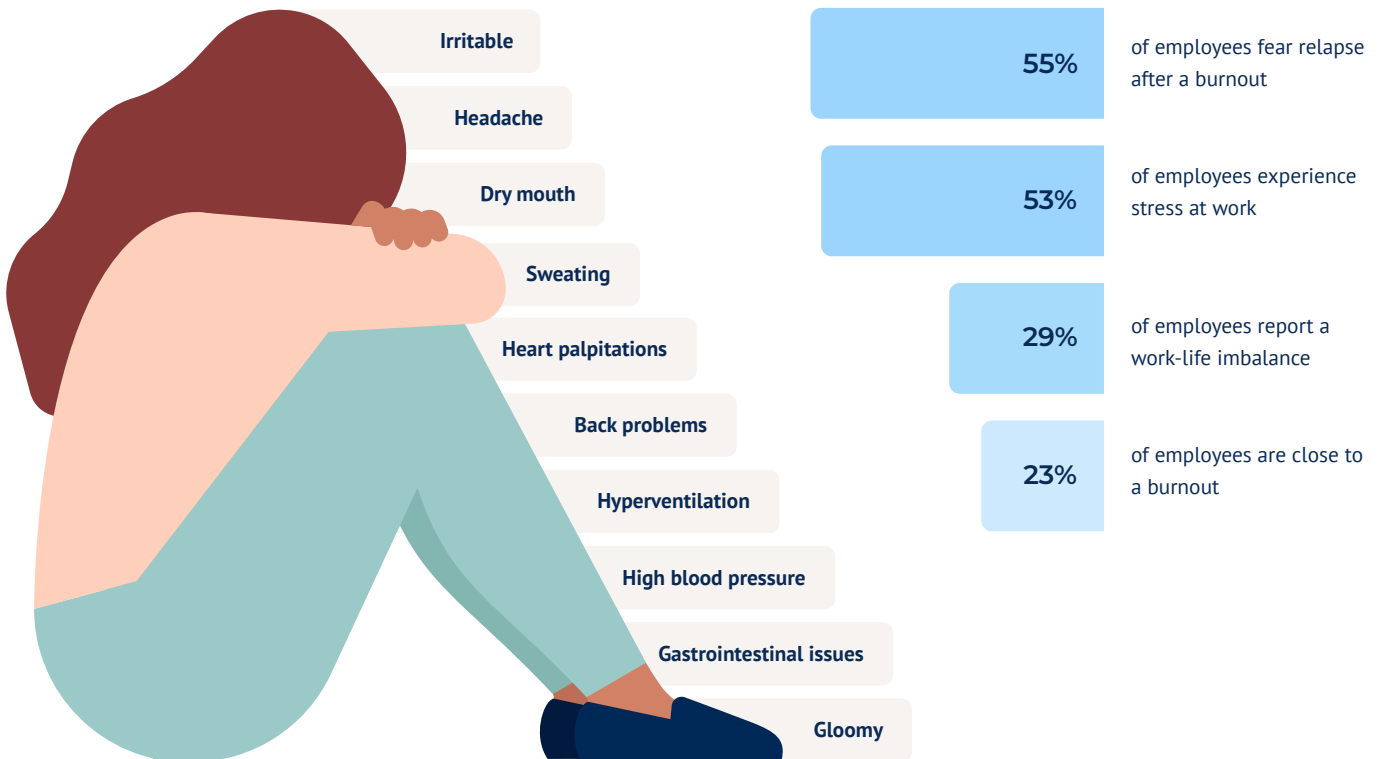


How to stay ahead of stress

Recognise the symptoms



Get started

