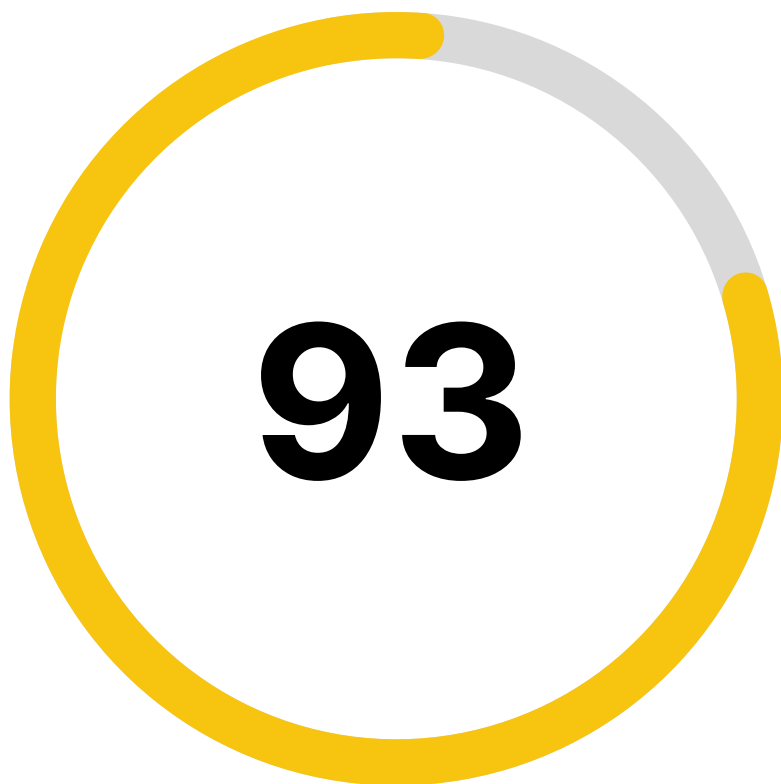


Your daily stress score is...



Reccomended Techniques..

- ☐ Enjoy the outdoors for 10 minutes
- ☐ Connect with a family member or friend
- ☐ Try 30 minutes of yoga!

