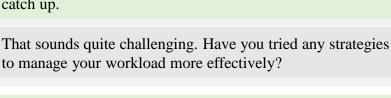


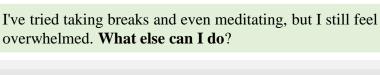
<b>©</b>
<u></u>

## I'm sorry to hear that. What's been causing you the most stress at work? It's just the endless deadlines and meetings. I feel like I can't catch up.

to manage your workload more effectively?









I've been feeling really stressed with work lately.

```
After
```

It sounds like you've been proactive about managing your stress, which is great. Have you considered speaking to a professional counselor? They might offer tailored advice that could be very helpful.

(Priority, both), (Completion, 4), (Empathy, 4)