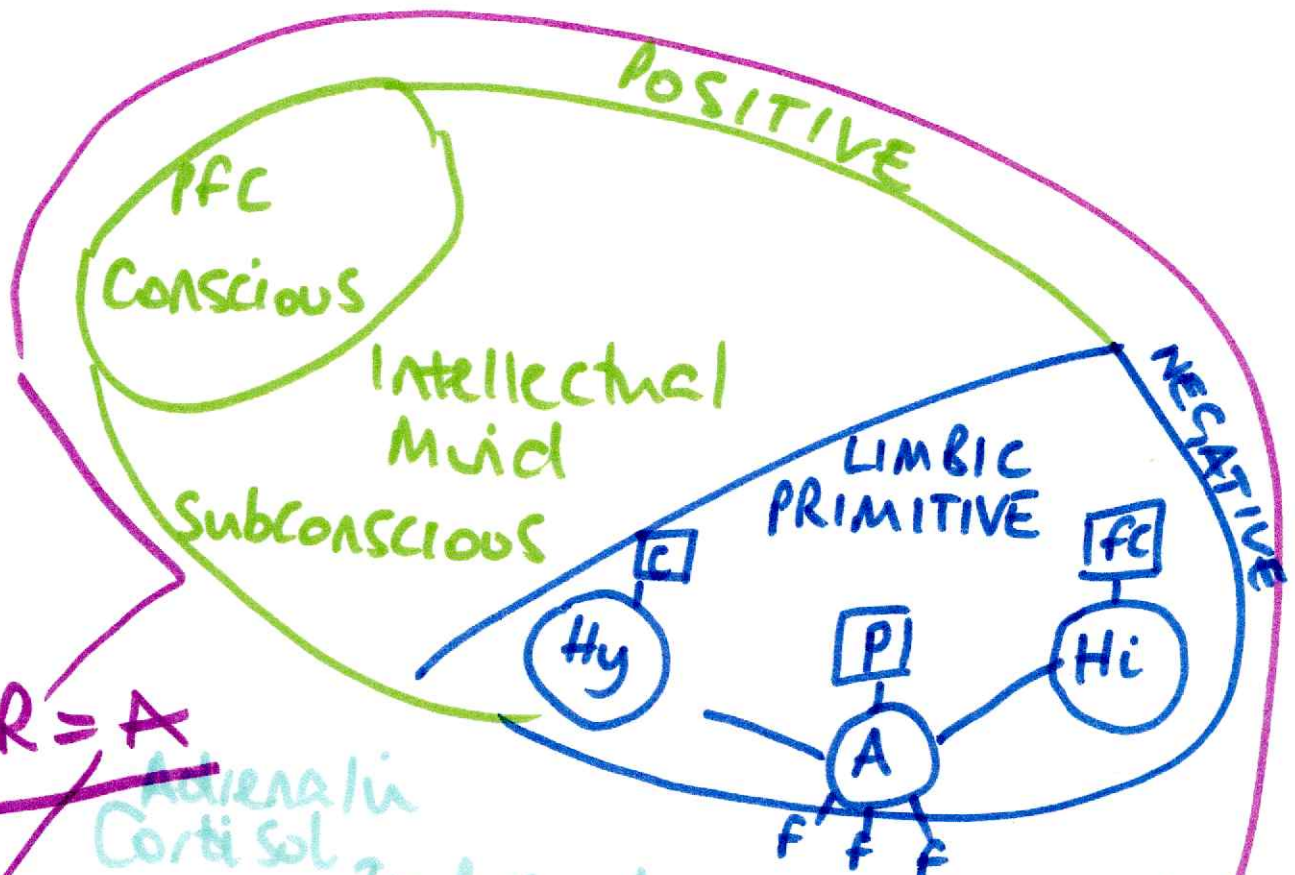




$$I + R = A$$

Adrenalin
Cortisol

Too busy Anxious Stressed

3 P's POSITIVE

1. ACTIONS
2. INTERACTIONS
3. THOUGHTS

Dopamine
oxytocin
Serotonin

Endorphins

LOW SAD DEPRESSED

ANGER
ANXIETY
DEPRESSION

REM
20%

STRESS BUCKET