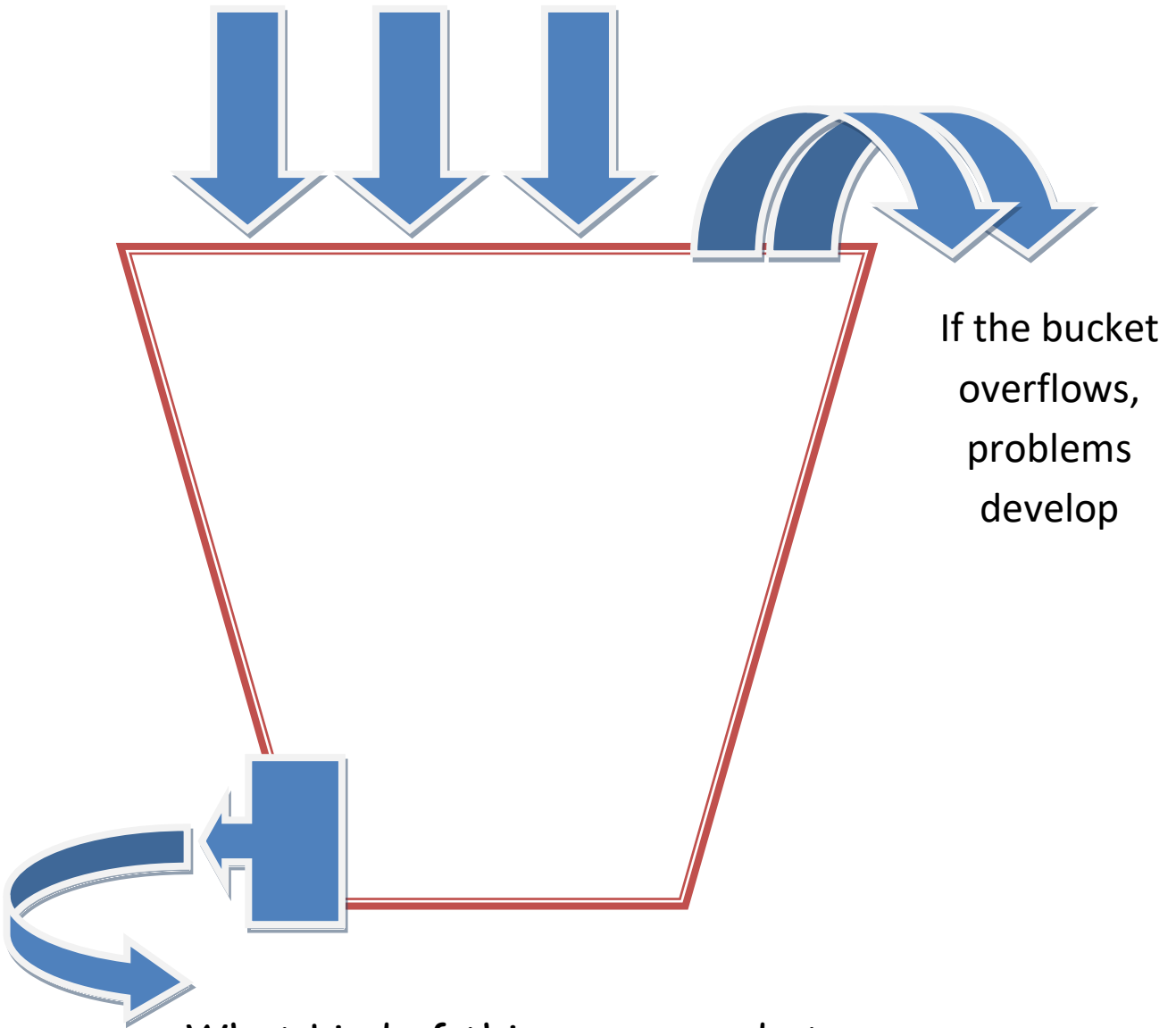


My Stress Bucket

Stress flows into the bucket



If the bucket overflows, problems develop

What kind of things can we do to look after our mental health?
