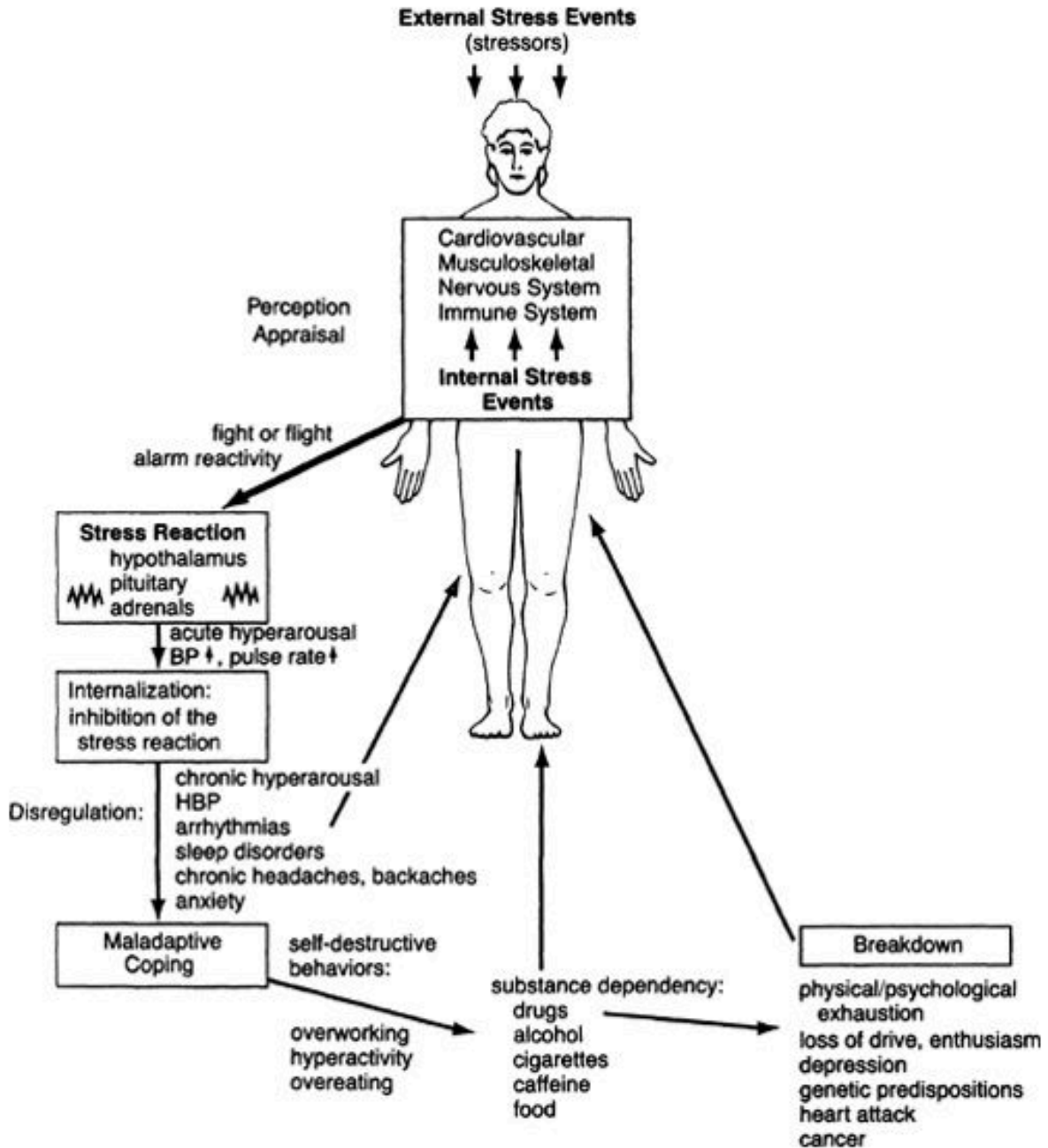




## Stress-Reaction Cycle

from **Full Catastrophe Living** by Jon Kabat-Zinn





## Coping with Stress: Responding vs. Reacting

from **Full Catastrophe Living** by Jon Kabat-Zinn

