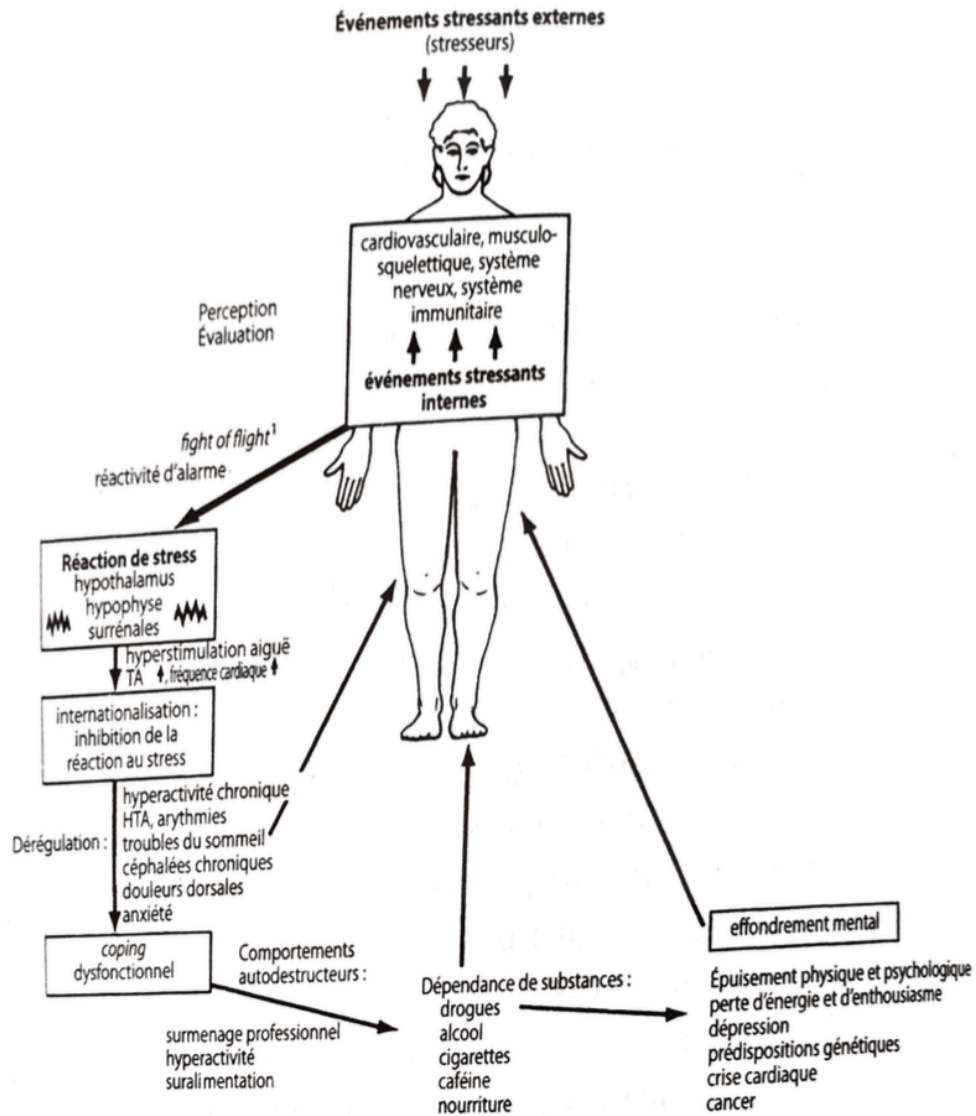




## Le cycle stress-réaction





## Gérer le stress : Répondre vs réagir

