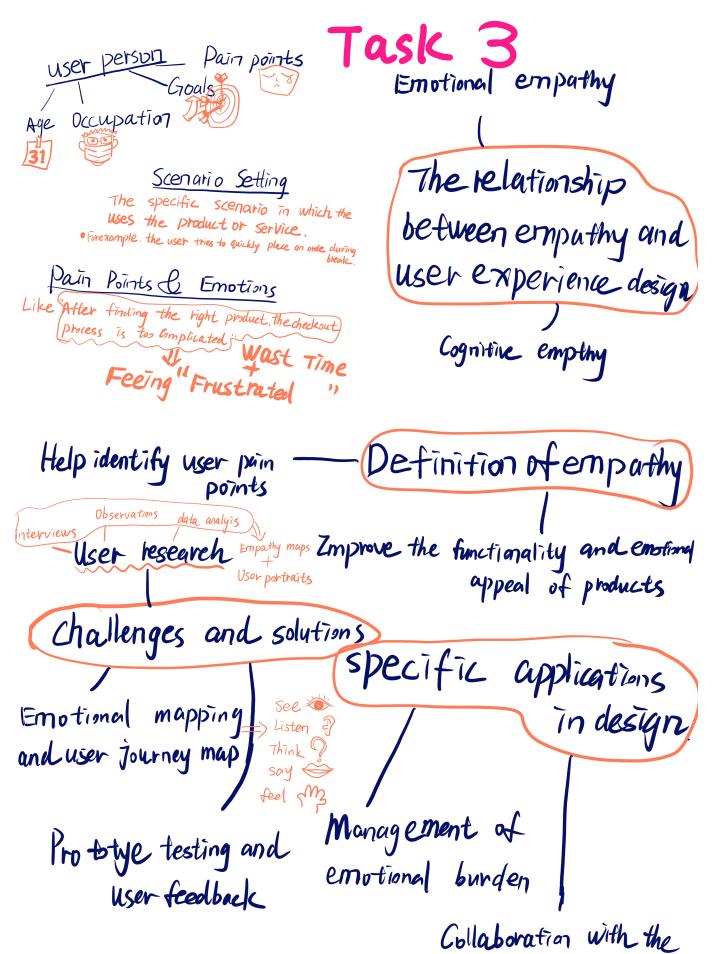
Readings, research, reflections RRR Task 3



team to reduce stress