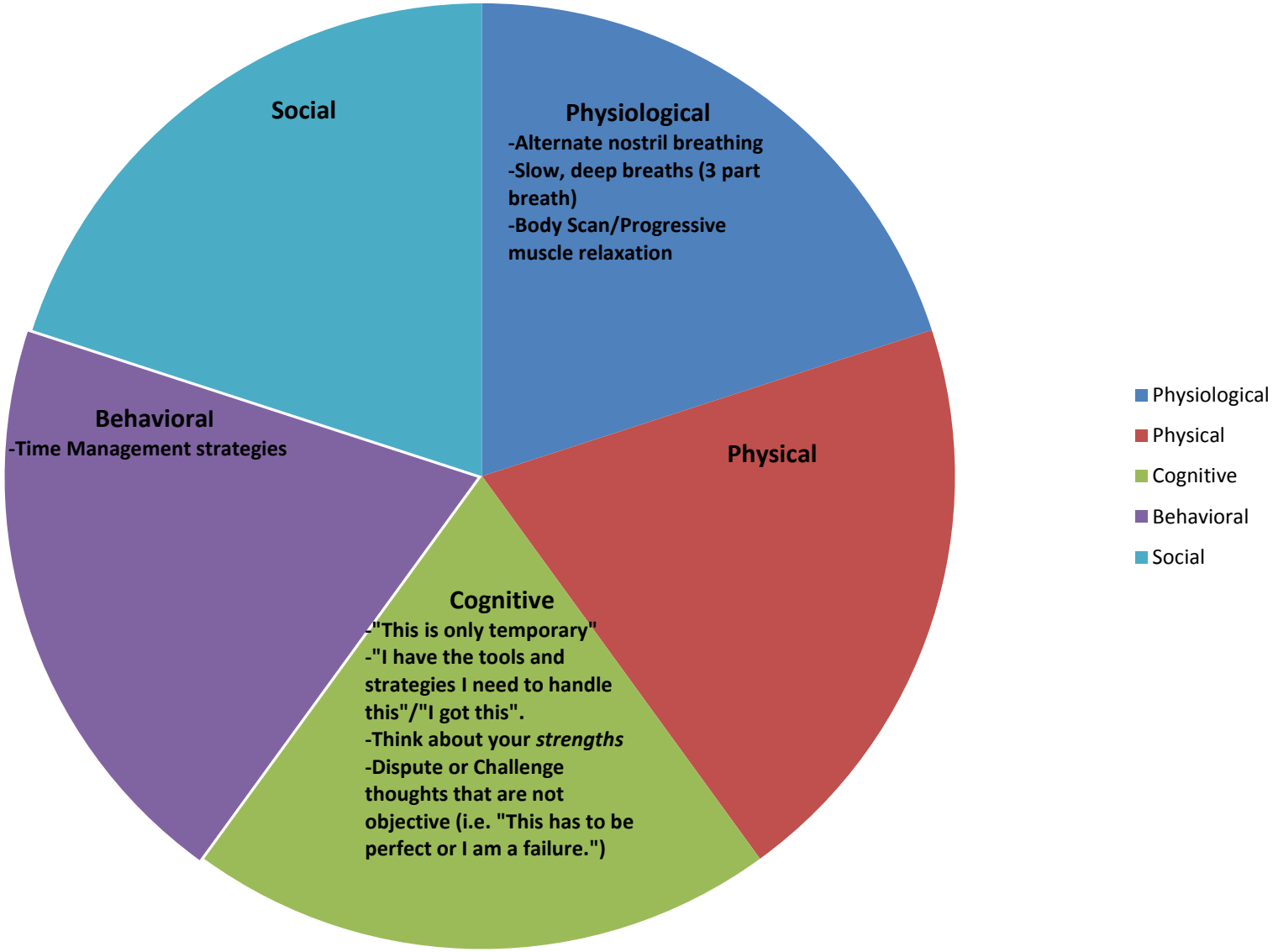Stress Management Wellness Wheel