

The image features a light blue background with a soft, out-of-focus texture. On the left side, there are several thin, dark stems with small, bright yellow flowers. The flowers are in various stages of bloom, some fully open and others as buds. The overall composition is clean and minimalist, with the text 'Stress Relief Toolkit' centered on the right side in a black, elegant script font.

# *Stress Relief Toolkit*

# Stress Relief Toolkit

**Dr. Daniel M. Fraser**



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