

170CLB 02 01192017



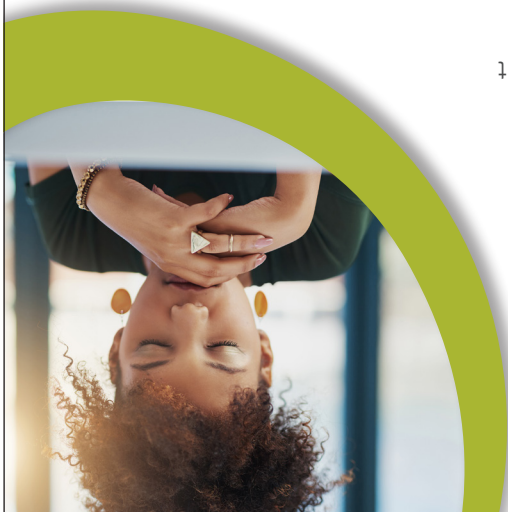
Learn to say no. Know your limits and stick to them. Be honest with people—most of them will understand.

You'll find more stress-busting tips at **PacificSource.com/Stress**.

Want more?

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Coping with Stress



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