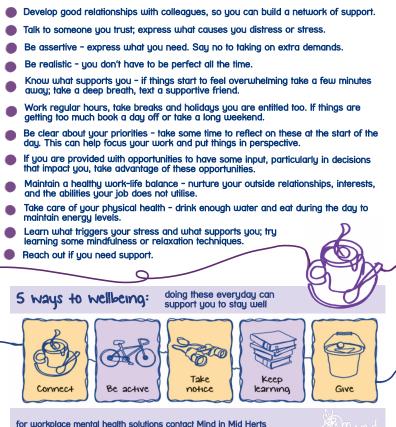
Staying Well at Work

taking action, however small, can improve your life at work or prevent stress developing in the first place



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