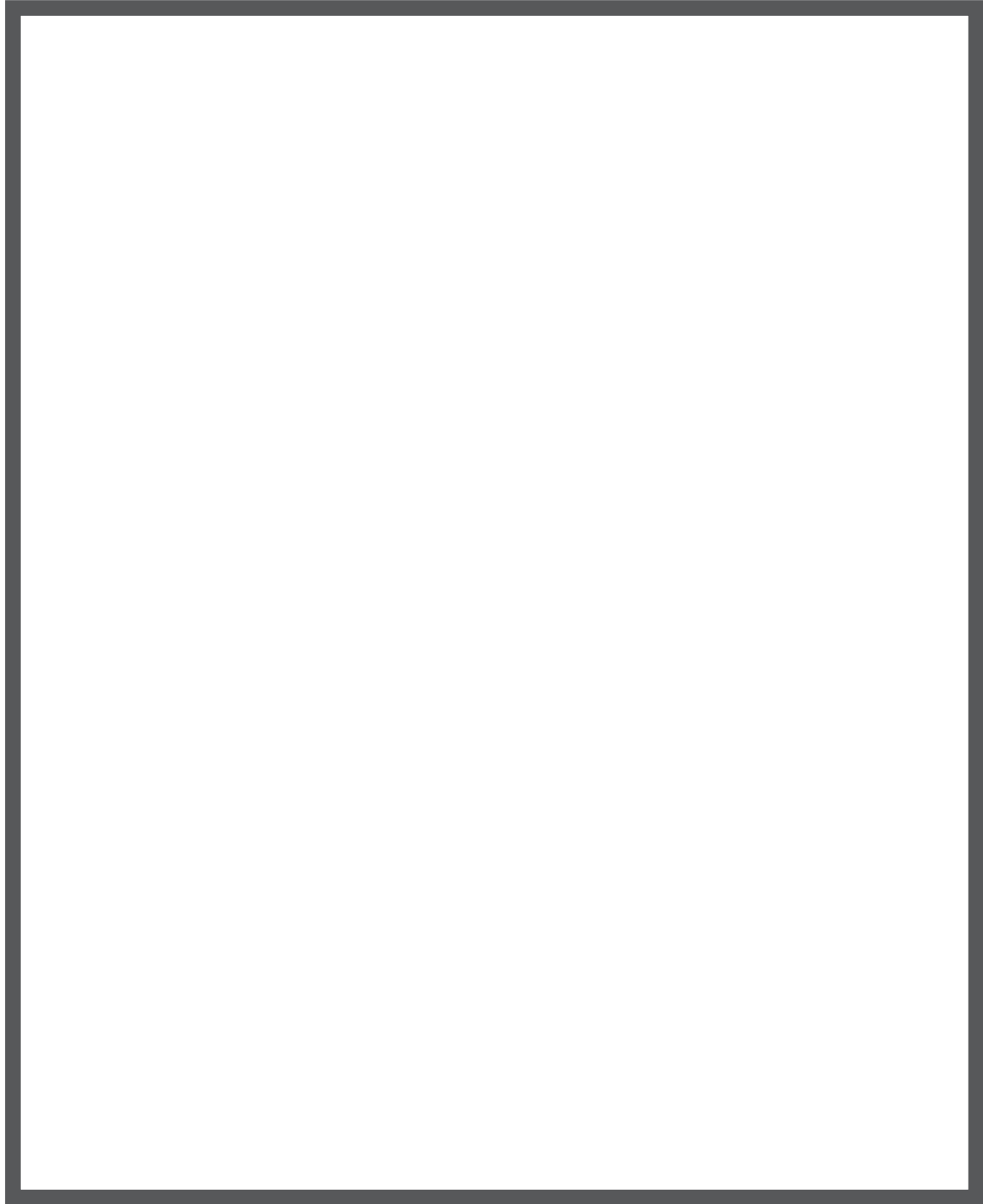


Top tips poster – how to beat stress and pressure



Photocopiable:

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