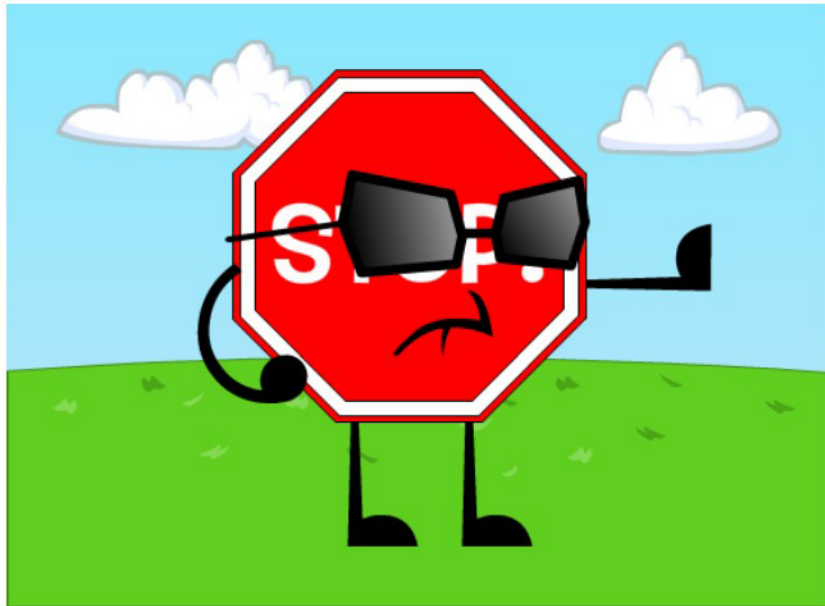


When You're Stressed

STOP.



TAKE DEEP BREATHS



**BBSS Student
Wellbeing**

■ **BBSS_Counselling**
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