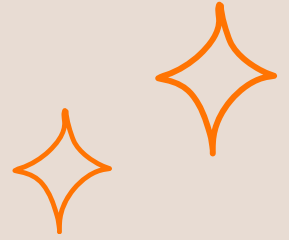




## ORIGINAL IDEA

The True Source of Stress:  
Stress often seems to stem from external circumstances, but what if that's not true? Where does stress really come from?



## FRESH IDEA

Stress is NOT an inevitable part of modern life. We need not accept it or expect it as a necessary prerequisite for success.

## SIMPLE IDEA

What exactly is stress made of?  
Can you touch it?  
It's not a tangible entity, but a collection of thoughts, beliefs, and perceptions.

**LESS STRESS**



## CLEVER IDEA

Navigate the System:  
Knowledge is power!  
Understanding the workings of the mind is pivotal in transcending stress.

## CREATIVE IDEA

Stress is a Messenger:  
Rather than viewing stress as an adversary, what if we saw it as a messenger? With important information!



## UNIQUE IDEA

Too Blessed To Be Stressed!  
We are perfectly designed to handle stress and have everything we need to navigate all the challenges of life.

