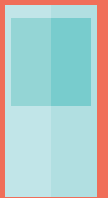


← | **HALF-EMPTY**



← | **HALF-FULL**

**Q: WHICH
GLASS
CAN YOU
HOLD UP
LONGER?**

**A: Either glass is going to be awfully heavy in a few hours.
DON'T FORGET YOU NEED DOWN TIME!**



Find resources for managing stress on at kp.org/healthyworkforce

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