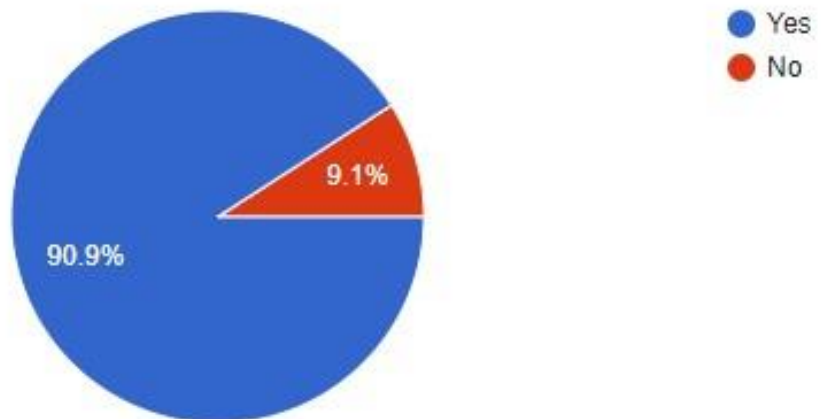


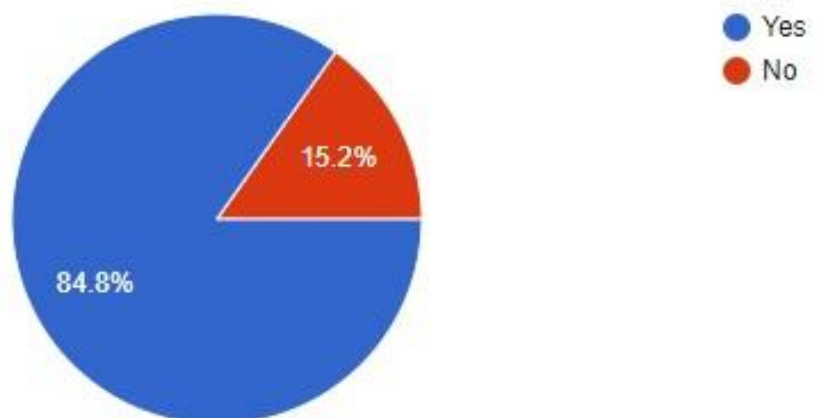


## FINAL EVALUATION: ASPECTS RELATED TO THE FIFTH RING

Do you ever feel stressed?



Do you usually manage to overcome your stress?

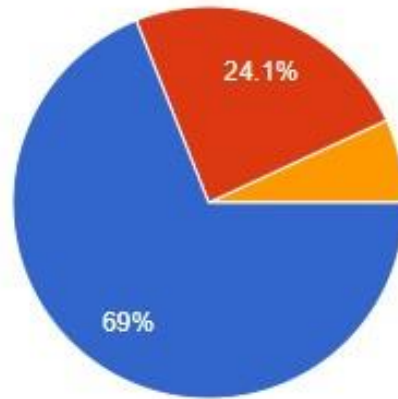




HIGHWAY TO HEALTH (#h2h2020)



If yes, how long does it take to happen?



- Just a few hours
- A few days
- A week or more