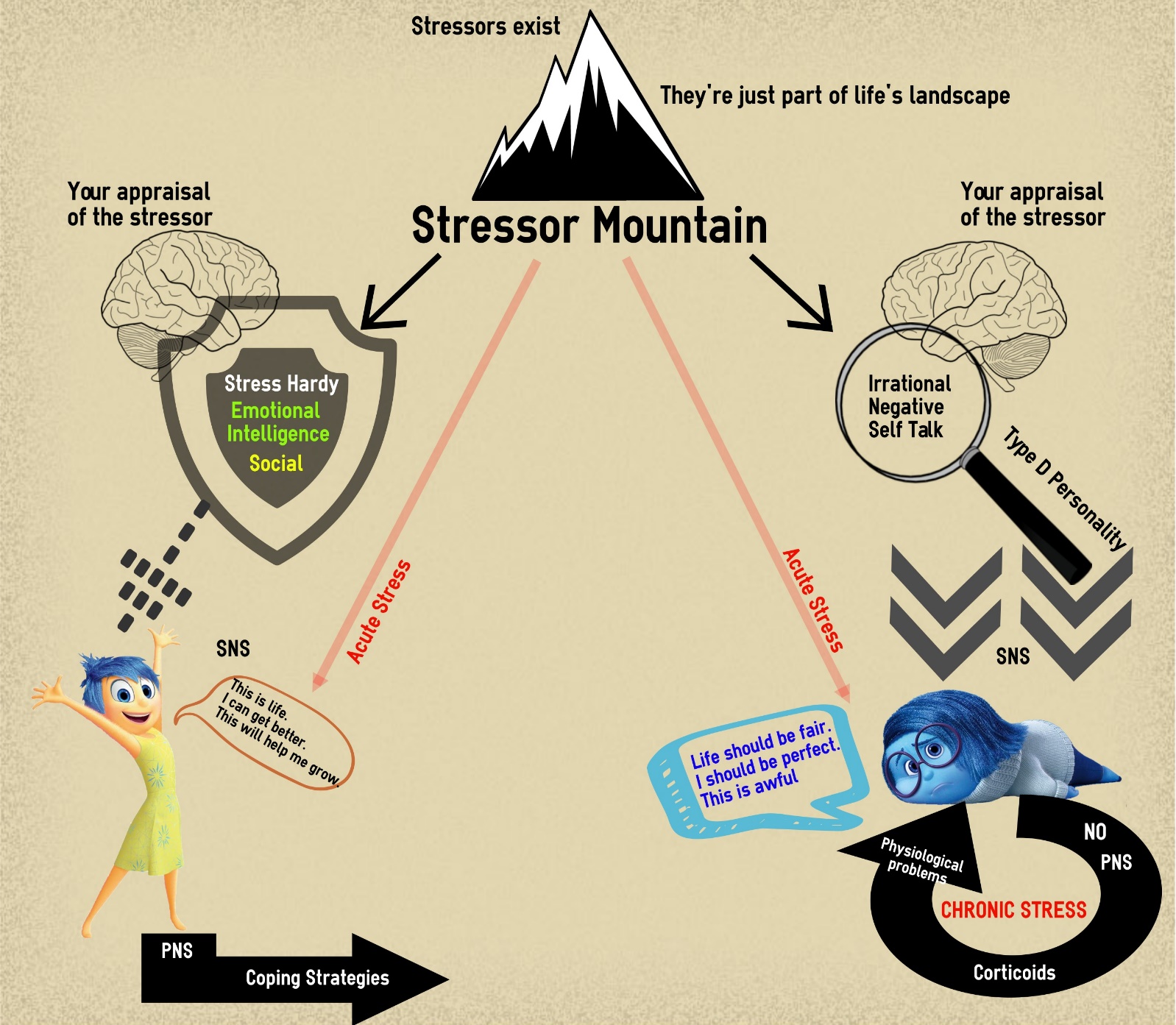
Essential Task 1-8:  Identify the effects of stress on psychological/physical well-being and how to cope with stress

Key   
 = VT = Ex  
 = VP