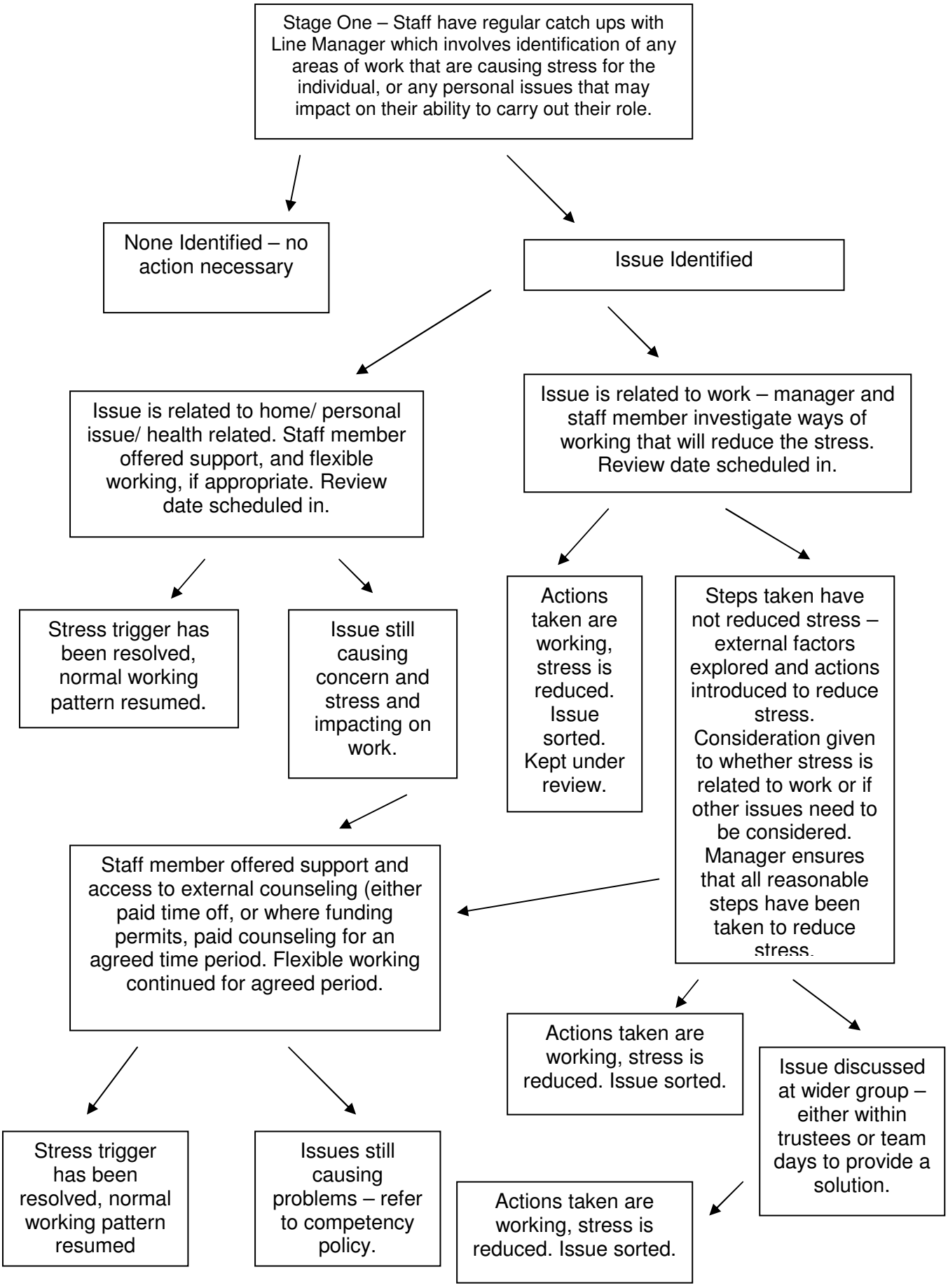Stress Management Procedural Chart