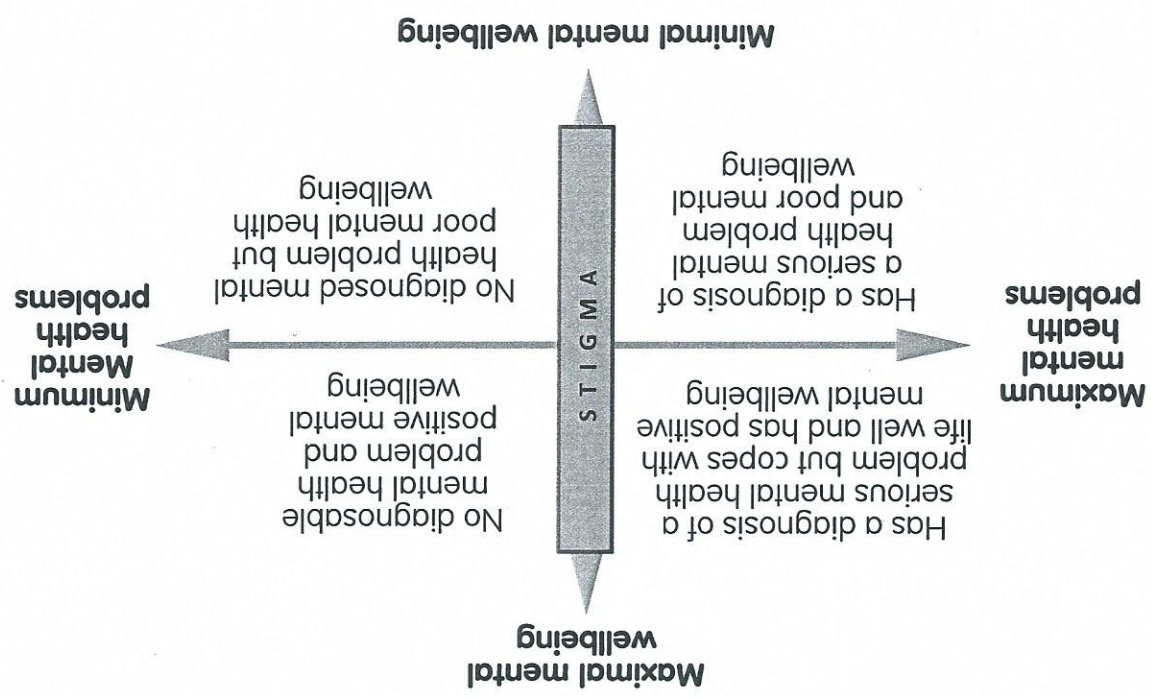


### The Mental Health Continuum



### The Stress Bucket

(Source: Brabban & Turkington 2002)

