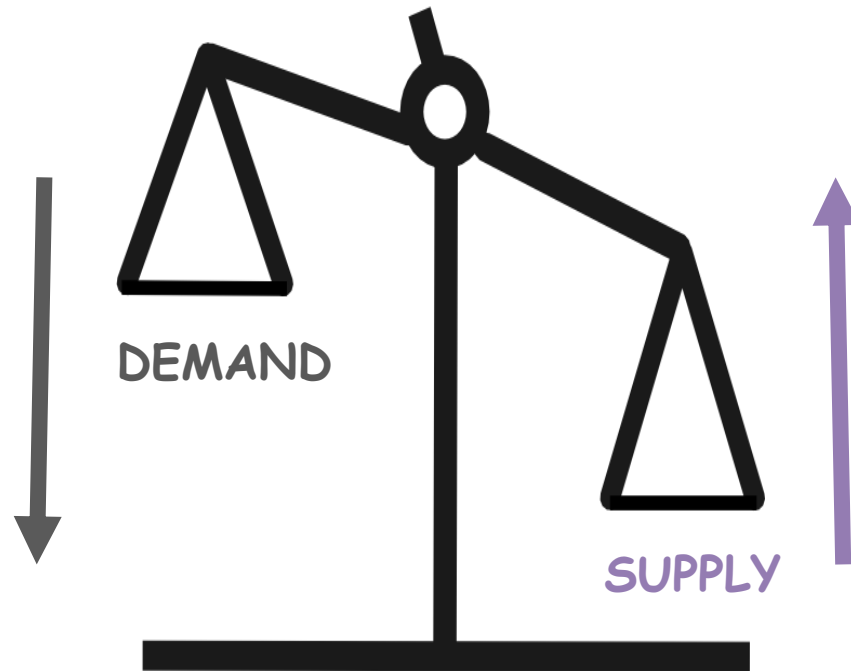


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# Energy Balance

PHYSICAL DEMANDS  
COGNITIVE DEMANDS  
STRESS  
EMOTIONS  
NEGATIVE THOUGHTS  
RELATIONSHIPS  
BEREAVEMENT  
PAIN



HEALTHY DIET  
POSITIVE THOUGHTS  
REST  
RELAXATION  
PLEASURE/FUN  
ACHIEVEMENT  
FRESH AIR  
RELATIONSHIPS