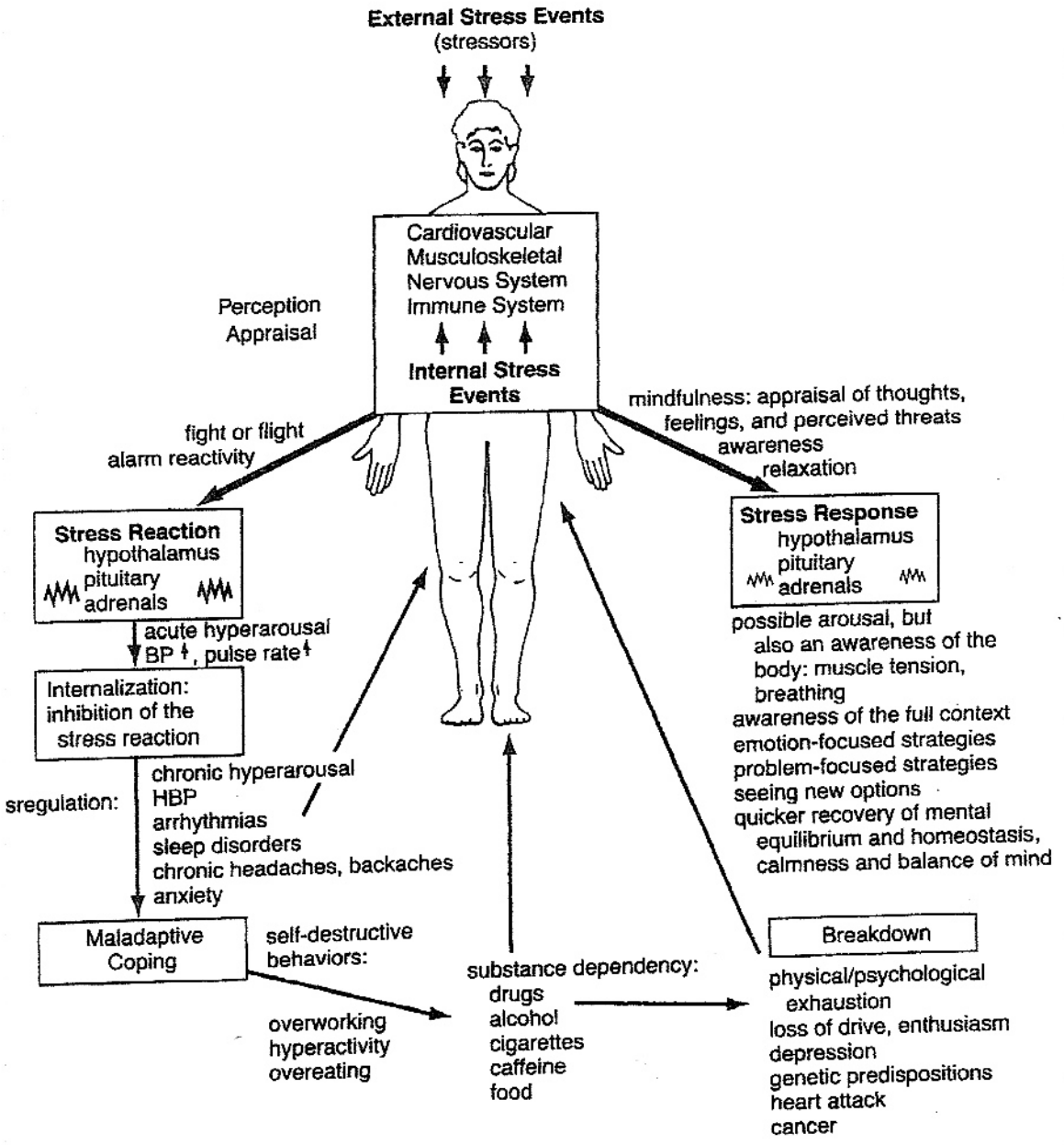
FIGURE 10

COPING WITH STRESS: RESPONDING VS. REACTING