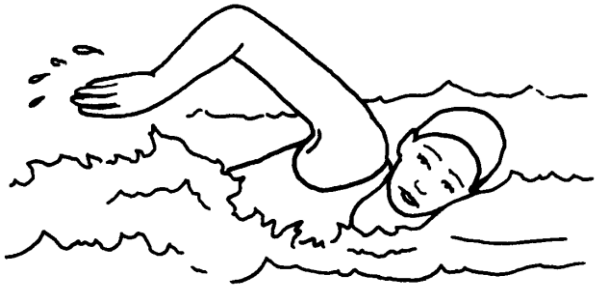lower stress