

The background of the image is a photograph of a calm ocean under a clear sky. The water is a deep blue with gentle ripples. In the distance, a small boat is visible on the horizon. The sky transitions from a light blue at the top to a soft orange near the horizon, suggesting a sunrise or sunset. A white rectangular box is centered over the image, containing the text.

Breathe or stress will  
take your breath away.

*-Arnaba*