

References (image sources for Figure 1)

1. Sasek Z. Businessman Juggling, Time Management and Multitasking , Vector Cartoon Stick Figure Illustration. Canva, 2024.
2. Linear-design Images. Anxiety and Stress. Canva, 2024.
3. SAM Designs. Addiction Line Icon. Canva, 2024.
4. Circulon Tech. Coping Strategies Icon Style. Canva, 2024.

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