

How do you feel stress?

Stress is experienced in different ways.

Identify how you are feeling. Then, use lines, shapes or shading as to how that's experienced in your body.

MENTAL

- | | |
|--|---|
| <input type="checkbox"/> Forgetful | <input type="checkbox"/> Dull Senses |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Bored |
| <input type="checkbox"/> Tired | <input type="checkbox"/> Poor Concentration |
| <input type="checkbox"/> Hard to focus | <input type="checkbox"/> Low Productivity |
| <input type="checkbox"/> No New Ideas | <input type="checkbox"/> Spacing Out |
| <input type="checkbox"/> Whirling Mind | <input type="checkbox"/> Negative Self-Talk |

PHYSICAL

- | | |
|---|---|
| <input type="checkbox"/> Not Hungry | <input type="checkbox"/> Overly Hungry |
| <input type="checkbox"/> Tension | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Weight Change |
| <input type="checkbox"/> Colds | <input type="checkbox"/> Hard time Sleeping |
| <input type="checkbox"/> Upset Stomach | <input type="checkbox"/> Accident Prone |
| <input type="checkbox"/> Rash | <input type="checkbox"/> Fidgety/Restless |
| <input type="checkbox"/> Teeth Grinding | <input type="checkbox"/> Pounding Heart |

SPIRITUAL

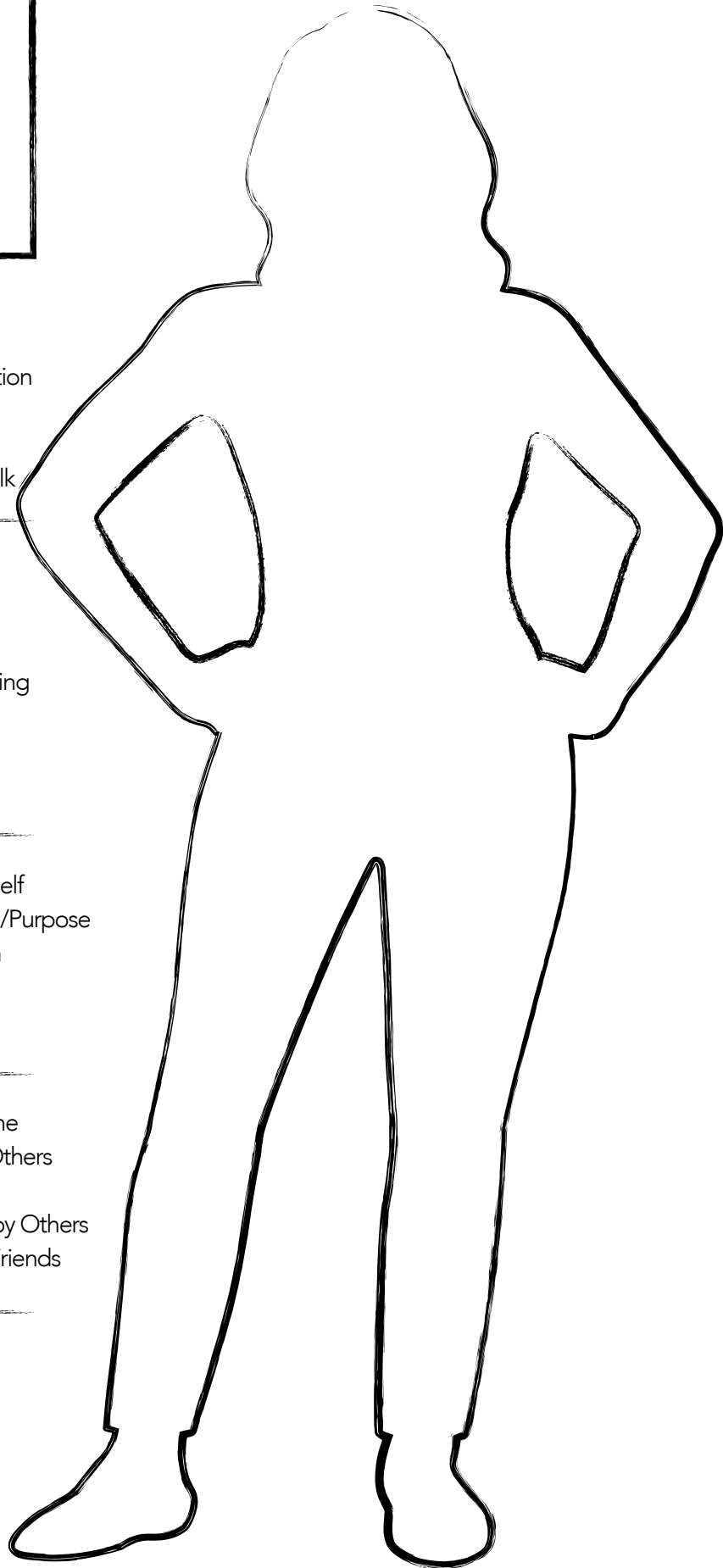
- | | |
|--|--|
| <input type="checkbox"/> Emptiness | <input type="checkbox"/> Need to Prove Self |
| <input type="checkbox"/> Looking for Magic | <input type="checkbox"/> Loss of Meaning/Purpose |
| <input type="checkbox"/> Doubt | <input type="checkbox"/> Loss of Direction |
| <input type="checkbox"/> Distrust | <input type="checkbox"/> Suffering |
| <input type="checkbox"/> Lack of Interest | <input type="checkbox"/> Cynicism |

RELATIONAL

- | | |
|--|---|
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Prefer to be Alone |
| <input type="checkbox"/> Resentful | <input type="checkbox"/> Impatient with Others |
| <input type="checkbox"/> Intolerance | <input type="checkbox"/> Lack of Intimacy |
| <input type="checkbox"/> Hiding/Avoiding | <input type="checkbox"/> Easily Angered by Others |
| <input type="checkbox"/> Jealous | <input type="checkbox"/> Less Time with Friends |

EMOTIONAL

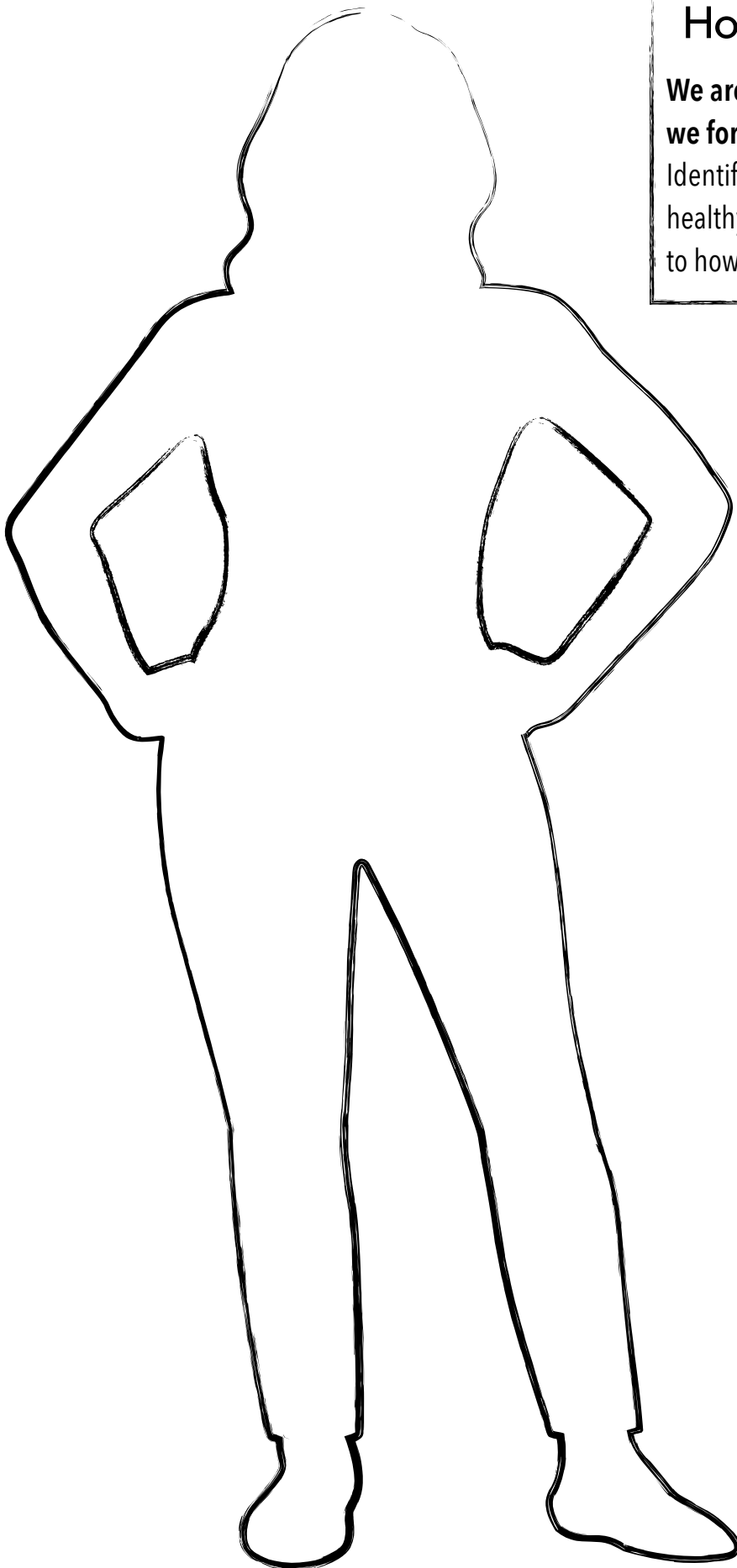
- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Worried | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Tearful |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Little Joy |
| <input type="checkbox"/> Scared/Fears | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Discouraged | <input type="checkbox"/> Nervous Laugh |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Embarrassed |
| <input type="checkbox"/> Shocked | <input type="checkbox"/> Mood Swings |



How do you feel healthy?

We are so focused on our current concerns we forget to notice what is going well.

Identify how you are feeling good, positive, or healthy. Then, use lines, shapes or shading as to how that's experienced in your body.



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