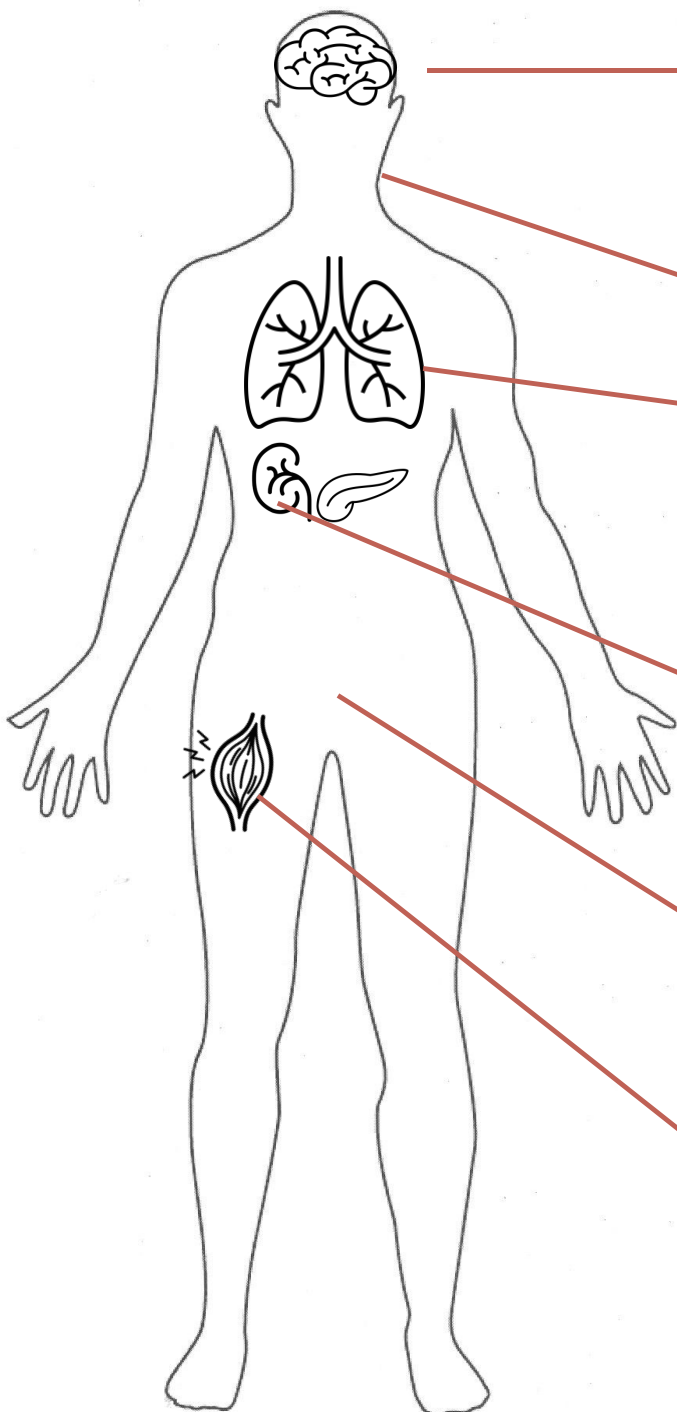


WHERE DO I FEEL STRESS IN MY BODY?



- Feeling angry or irritable
- Cannot think straight
- Getting a headache
- Feeling hopeless, anxious or depressed
- Feeling sick more often

- Acne breakouts

- Hard breathing
- Gaspings for air
- Fast and heavy heartbeat

- Adrenaline and other hormones tell body to release sugar from the liver
- Extra sugar stays in the blood because people with diabetes are less able to store sugar in their cells to use for energy

- For women: Irregular and painful menstruation
- For men: Impotency, Reduced sexual desire

- Feeling tired or exhausted
- Feeling tense or achy/pain

WHERE DO I FEEL STRESS IN MY BODY?

Circle the places on the body where stress affects you.

