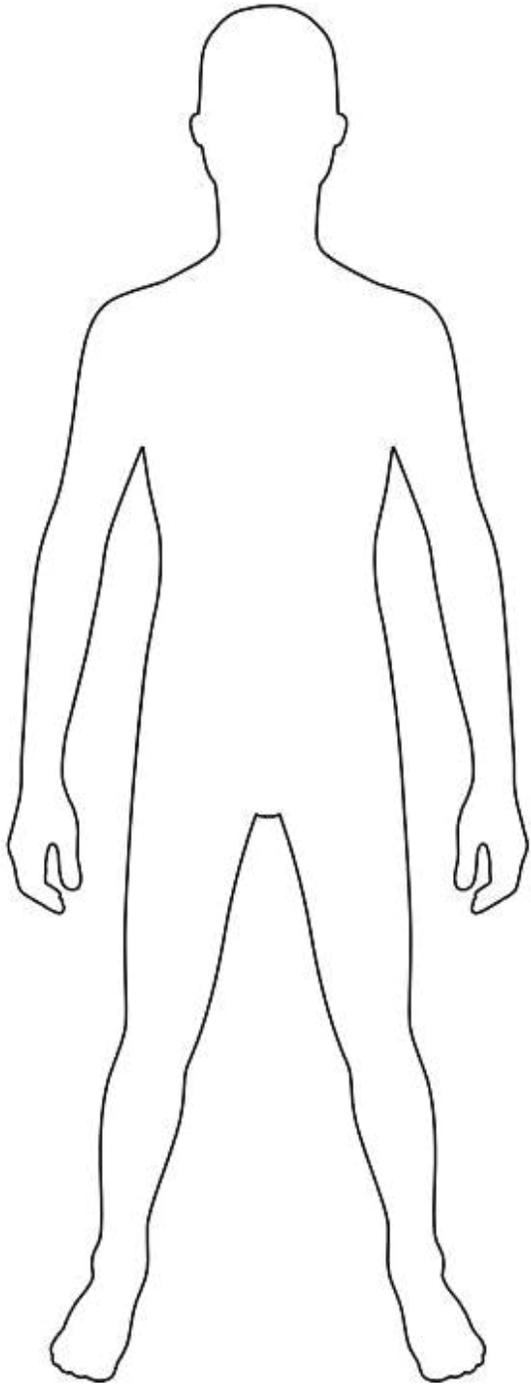
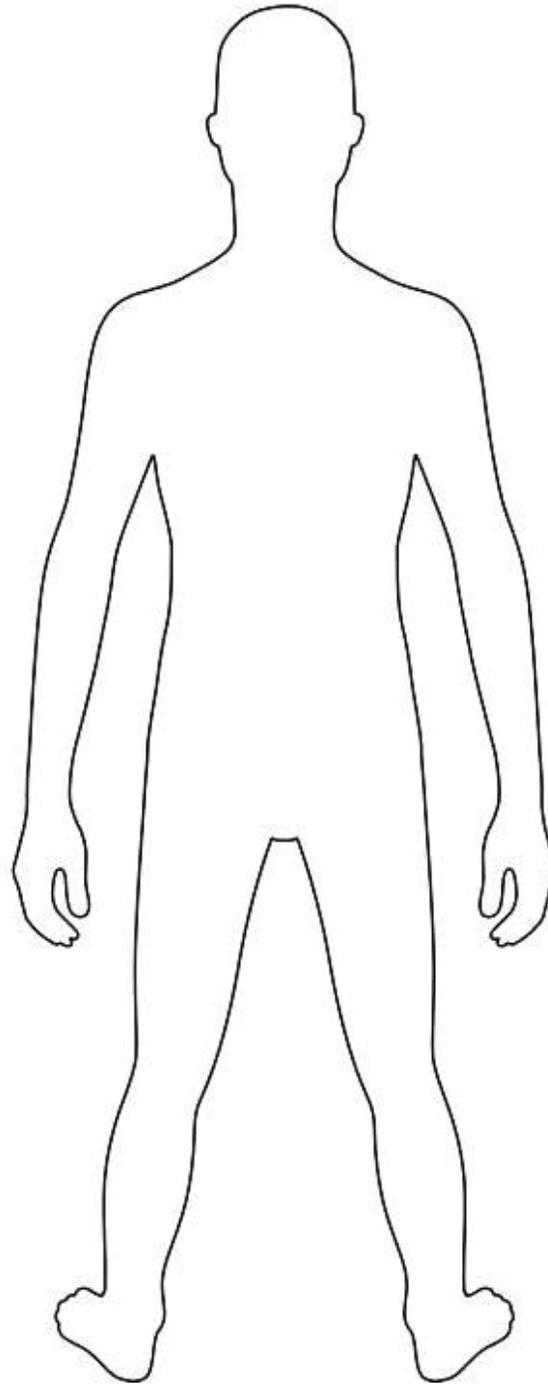


Where I Carry Stress

Pay attention to your body and notice where you carry your stress. Circle or color places on your body that you notice when you feel stressed.



FRONT



BACK