

Your Stress Symptoms and Management

List the physical symptoms YOU feel when you are stressed then list the healthy ways you manage stress.

The form is divided into two columns by a vertical line. The left column contains three large circles arranged vertically. A downward-pointing triangle is positioned between the top and middle circles, and another downward-pointing triangle is between the middle and bottom circles. A rightward-pointing triangle is positioned between the middle and bottom circles. The right column contains a large central circle surrounded by several smaller circles of varying sizes, some overlapping the larger circle.