

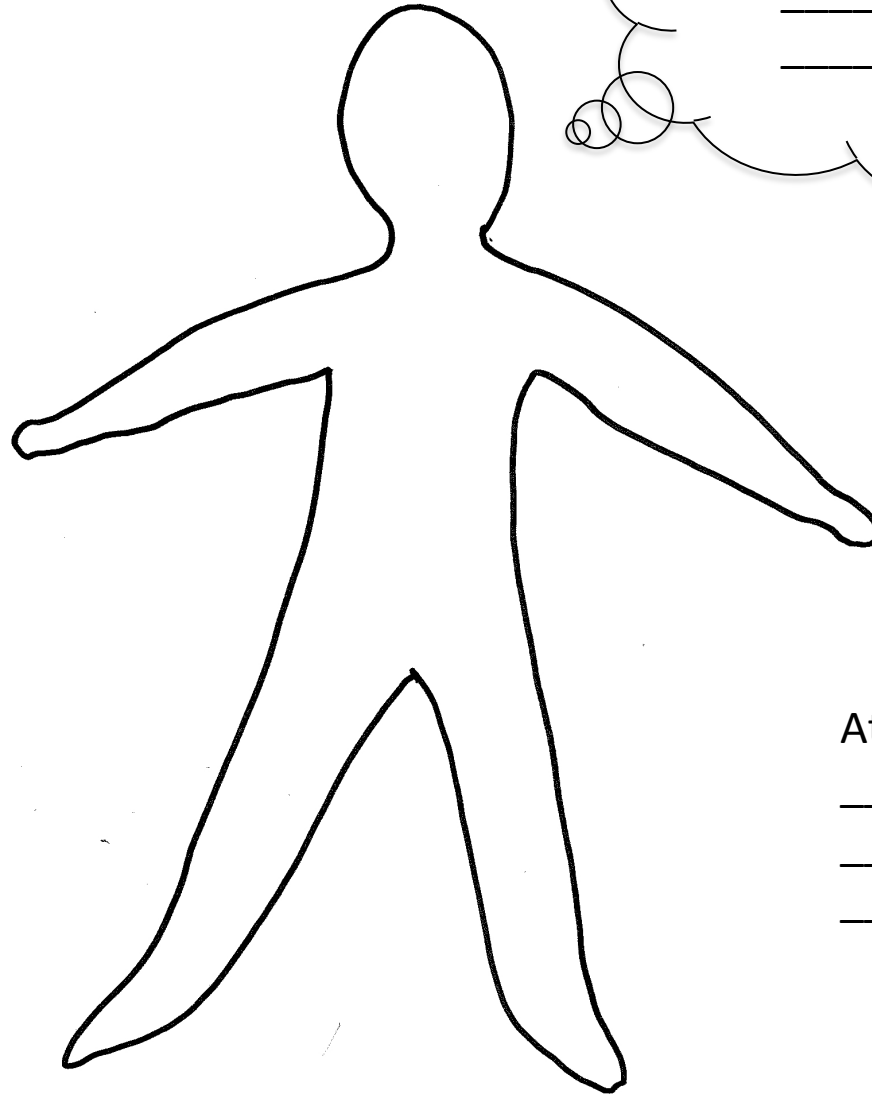
Stress Overload: My Warning Signs

Behaviors:

Feelings/
Emotions:

Physical
Symptoms:

Thoughts:



Attitude:
