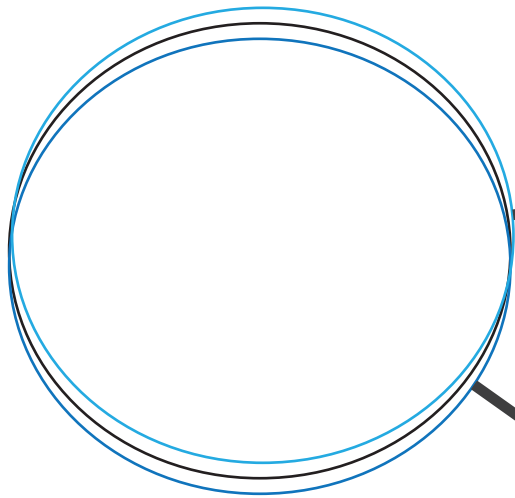


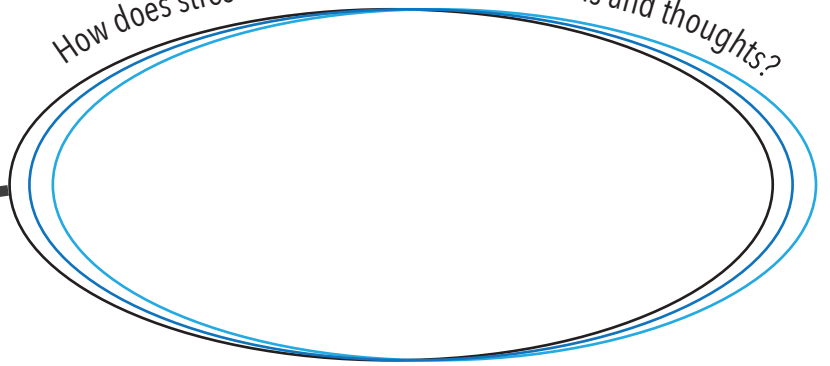
# Befriending Your Stress



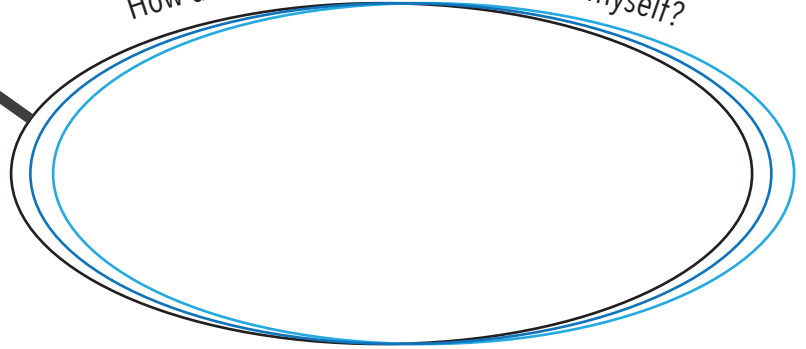
**STRESSOR**

**1**

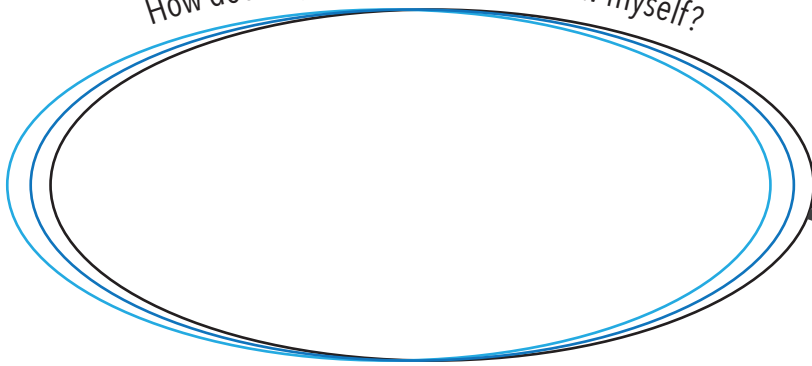
*How does stress show up in my body, actions and thoughts?*



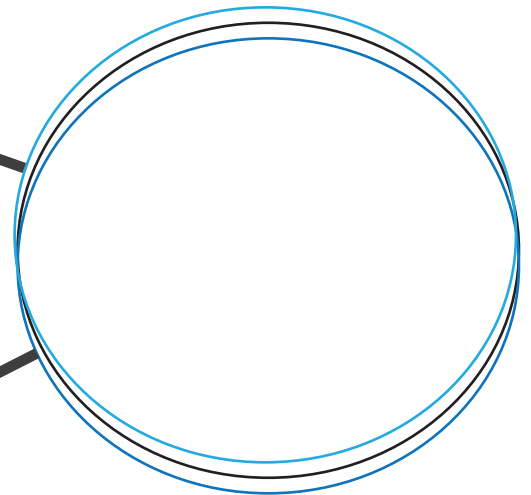
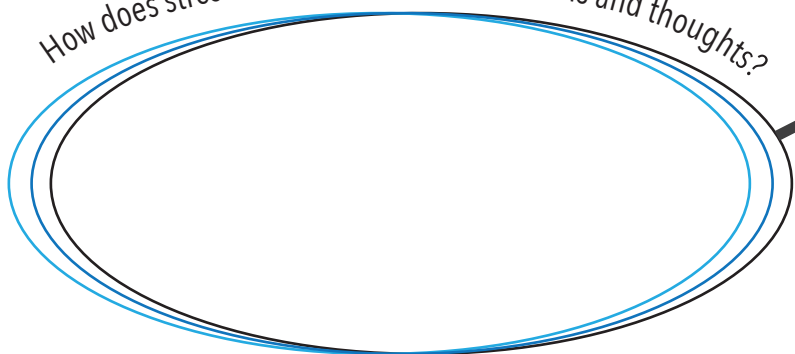
*How does my stress affect how I view myself?*



*How does my stress affect how I view myself?*



*How does stress show up in my body, actions and thoughts?*



**STRESSOR**

**2**