

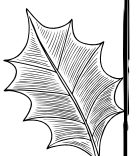


40 min

# My Warning Signs of STRESS

Intent and Purpose: All of us undergo stress, but each of us might respond to it differently. This activity's aim is to bring in awareness to your feelings, thoughts and actions whenever you are stressed. This understanding will deepen your realisation to separate them and also pay a way to take charge of them.

What do you **DO** when you are getting stressed?  
(that you **NEVER** do on a good day)

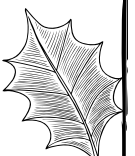




40 min

# My Warning Signs of STRESS

What do you **THINK** when you are getting stressed?  
(that you **NEVER** think on a good day)





40 min

# My Warning Signs of STRESS

What do you **FEEL** when you are getting stressed?  
(that you would NEVER feel on a good day)

