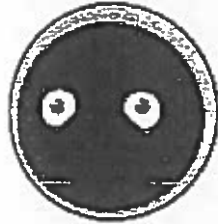
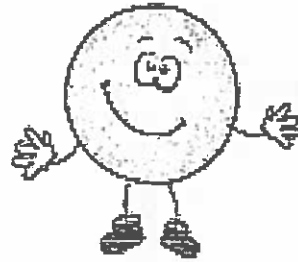


Getting to Know Your Stress

Each person reacts differently to varied environments and topics. Our reactions to stress can affect how we learn and interact with others. Therefore, it is important to recognize how your body reacts to different stressors, and to learn effective techniques to reduce those effects.

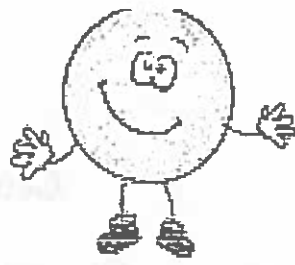
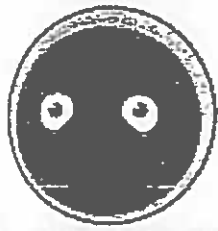


I know I'm stressed when I...



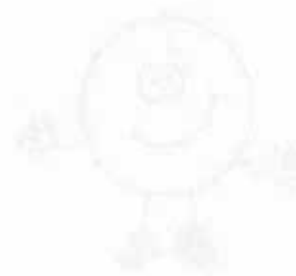

It helps when I...

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I know I'm stressed when I...

It helps when I...

	
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