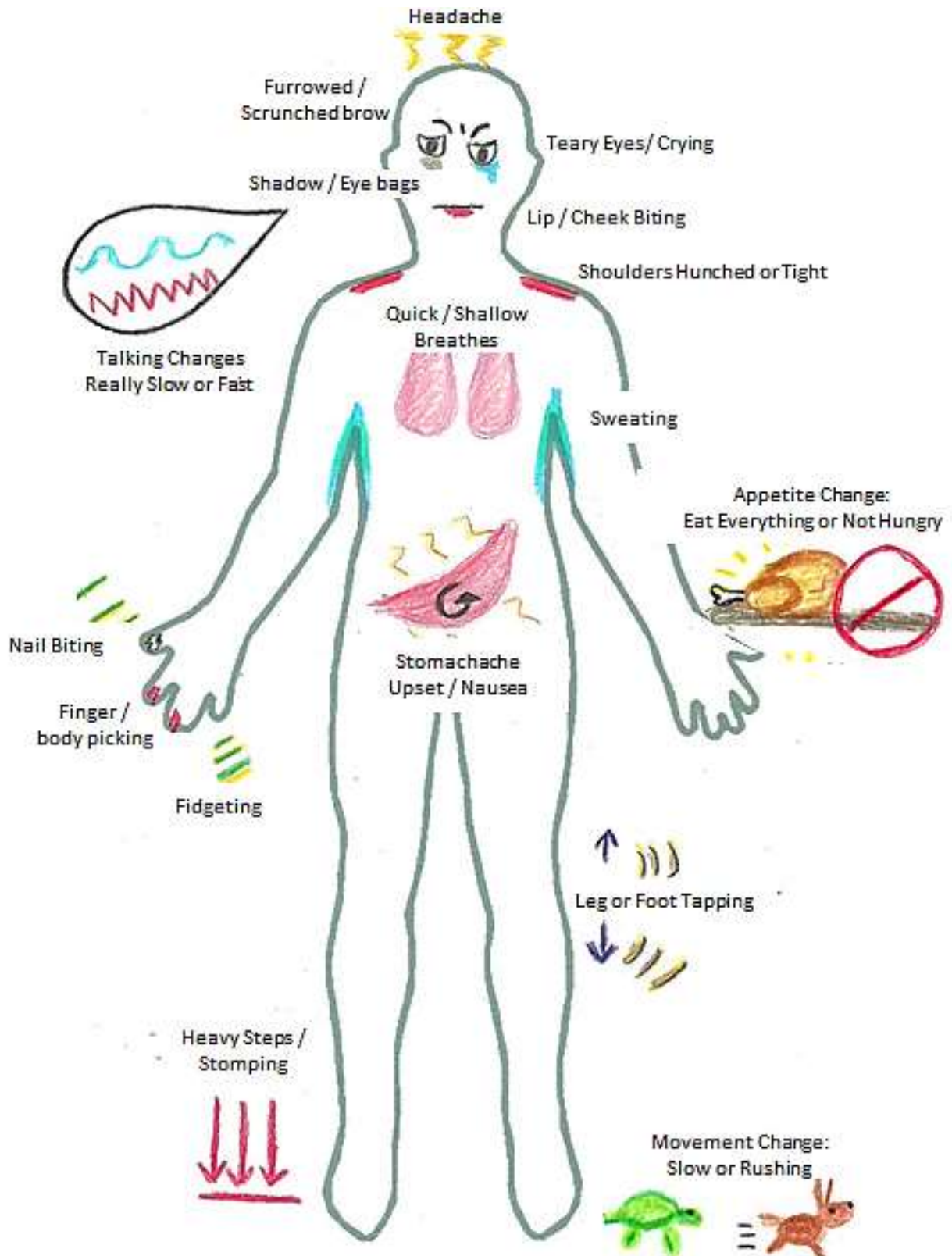


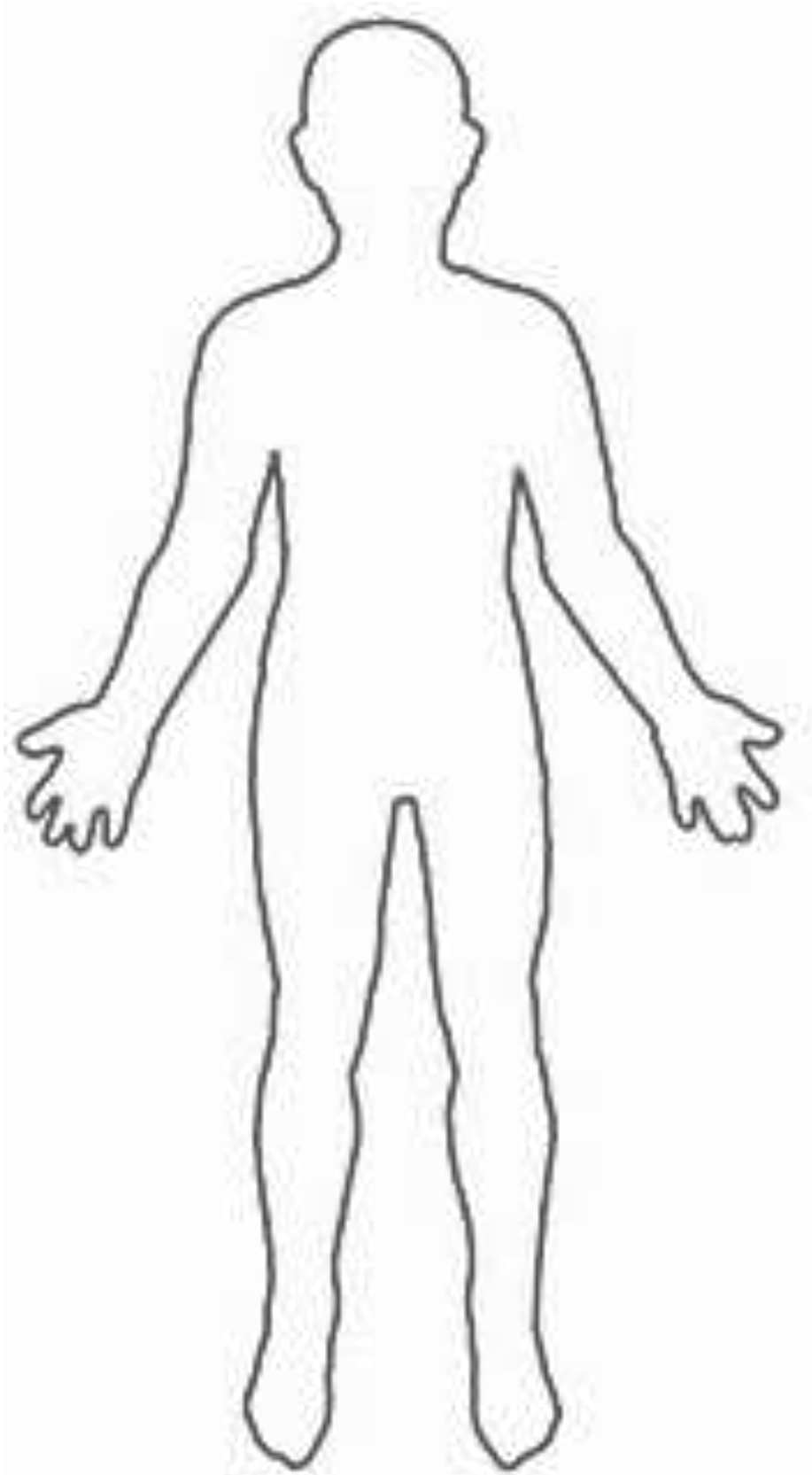
Body Symptoms During Stress

By [Rachel Marie – Learning and Behaviour Consultant](#)

Bodies react to stress in different ways. Symptoms you might notice in yourself, or others are:



What Signs and Symptoms do You Experience?



What Can I do When I'm Stressed?

Check out other downloadable emotional resources on our [Resource](#) Page



- For and intro to Calming Activities: [Back in Balance Brochure](#)
- For more Calming Activities check out the: [Calming Activity Library](#)
- For other regulation strategies check out the: [Calming Objects Library](#)

Plus much more!

Got questions? Let us know www.heartandhomeconsulting.com/contact/