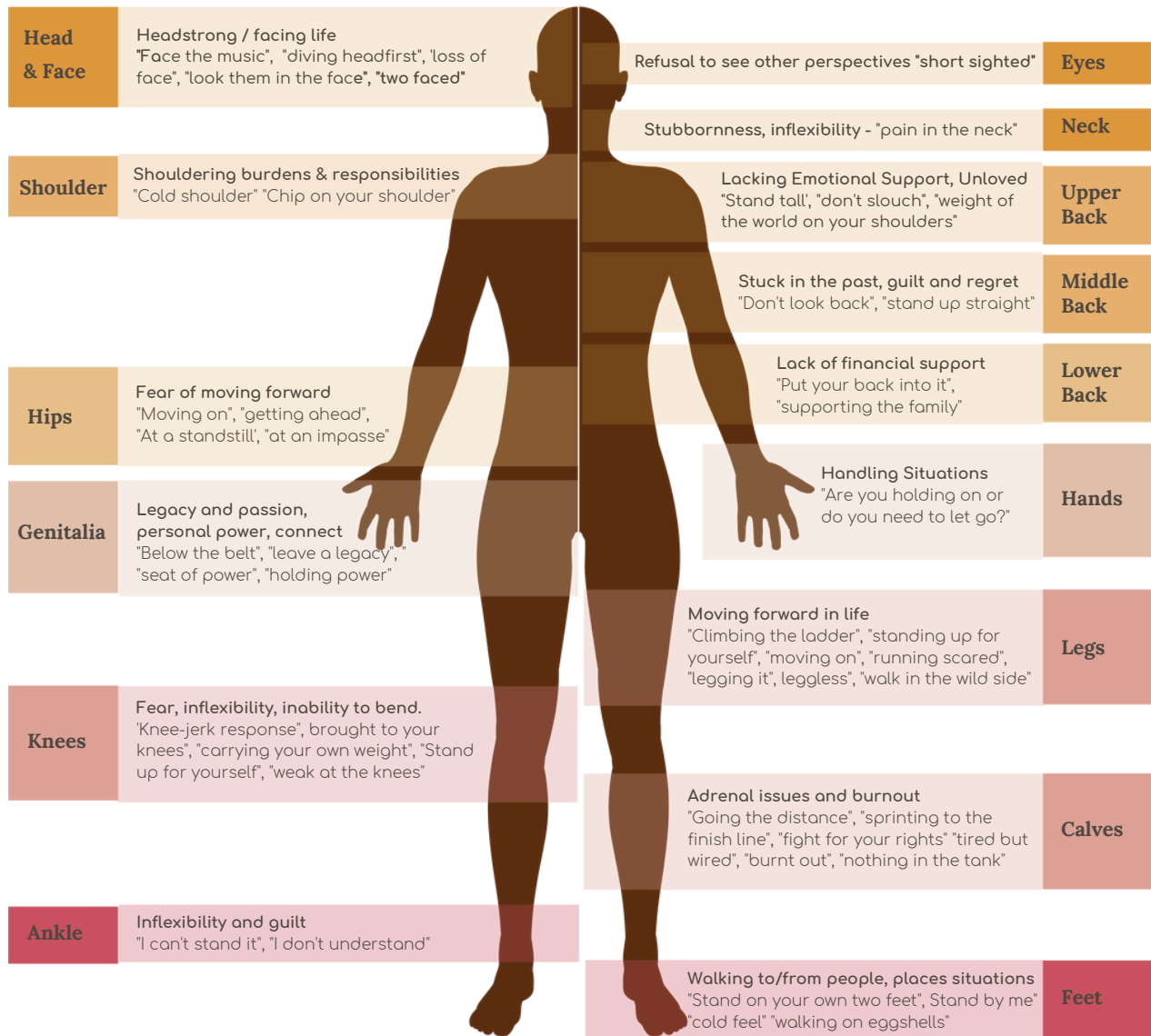


# Body language

Your body has the interface of your mind. It can't 'speak to you' so it tries to communicate with you through your emotions and feelings, through comfort and pain. When you start connecting with your body and de-coding its unique messages it can start telling you a great deal.



NOTE DOWN IF ANYTHING IN THE ABOVE DIAGRAM RESONATES OR COULD HOLD TRUTH FOR YOU.

WHAT IS ONE ACTION YOU CAN TAKE TO ADDRESS THIS STRESS?