

Take 90 seconds for



## Stress scan

.....

- > Scan your body slowly from head to toe.
- > Identify any physical signs of stress, such as tense muscles, an upset stomach, or shallow breathing.
- > Now scan your mind and mood. Notice if you are snappy, easily startled, or having racing thoughts.

Look out regularly for your stress signature. The sooner you spot stress, the sooner you can manage it.