

THE 24 WARNING SIGNS OF STRESS

LINGERING ANGER	COLD SWEAT	ENLARGED PUPILS	TREMBLING	TIE SHAKES	URGE TO BITE SELF
AGGRESSIVE BODY LANGUAGE	DRY MOUTH	PANIC ATTACKS	HATRED	SELF-HATRED	STRANGE NEW CLOTHES
ODD RASHES	TWISTY EYES	TWISTY EARS	TWISTY HEAD	BOXED-IN FEELING	INCREASED APPETITE
WEIRD DREAMS	VERY WEIRD DREAMS	FEELINGS OF INSUBSTANTIALITY	STIFF MUSCLES	OVERALL STIFFNESS	ALL OF THE ABOVE

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