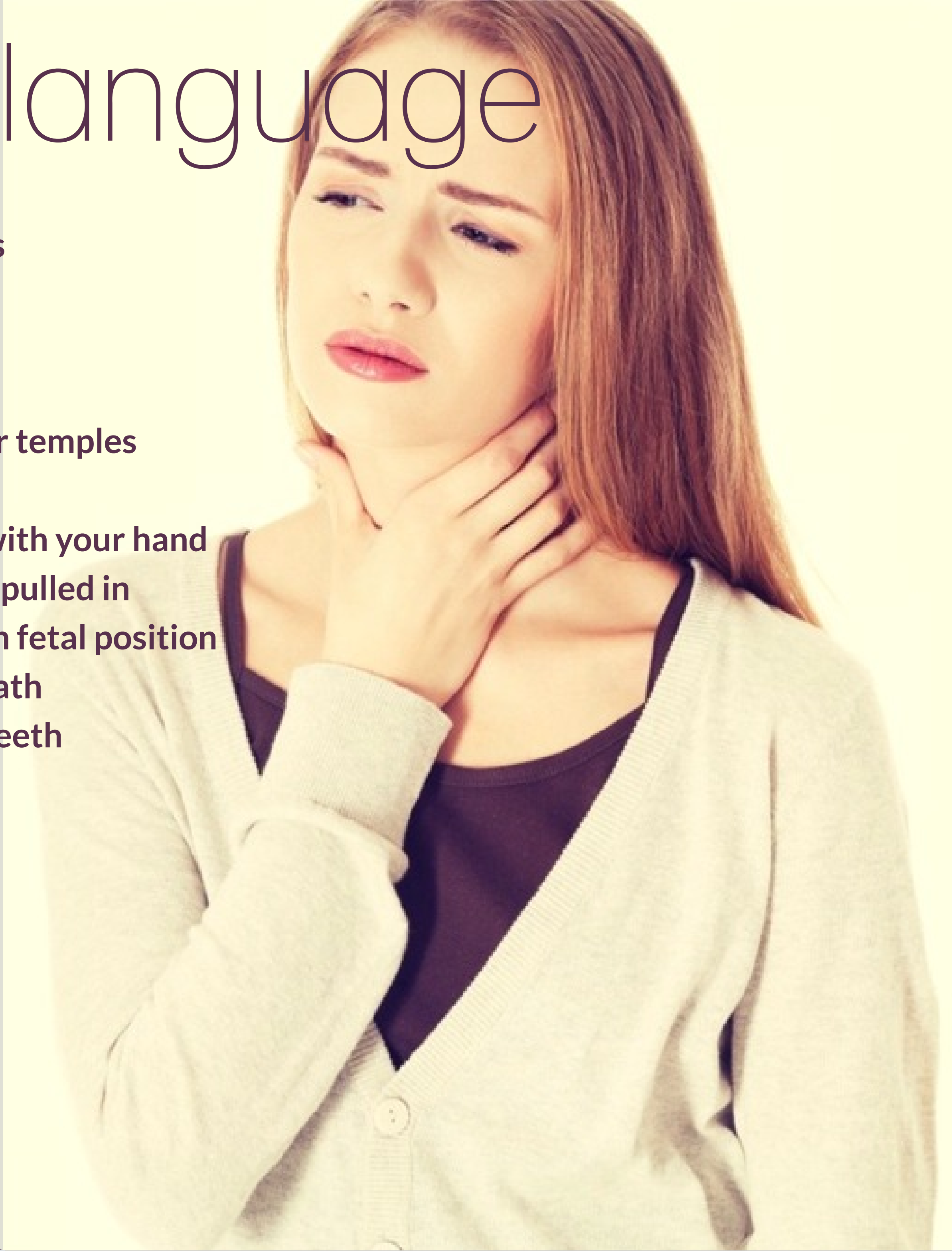


body language

- clenching the hands
- wringing hands
- biting of the nails
- clearing the throat
- rubbing forehead or temples
- touching the lips
- covering the neck with your hand
- shoulders raised or pulled in
- sitting or sleeping in fetal position
- holding of your breath
- clenching the jaw/teeth



PRACTICE "UN-DOING" THE STRESS SIGNAL

When you're body tells you it's stressed, take a few moments to engage in some energy-shifting positions while incorporating some deep belly breaths and positive affirmations. Here are some examples:

STRESS CARRIED IN HANDS

> stretch your palms and fingers wide, shake them out and set them in prayer position

TENSION IN THE FACE OR NECK

> stretch the mouth wide open, stick out your tongue, wiggle your lips, wrinkle your nose, yawn, smile, roll your head gently in a swaying motion

OVERALL BODY TENSION

> raise your arms overhead, gently bend forward and side to side, jump up and down, make figure 8's with your hands and arms