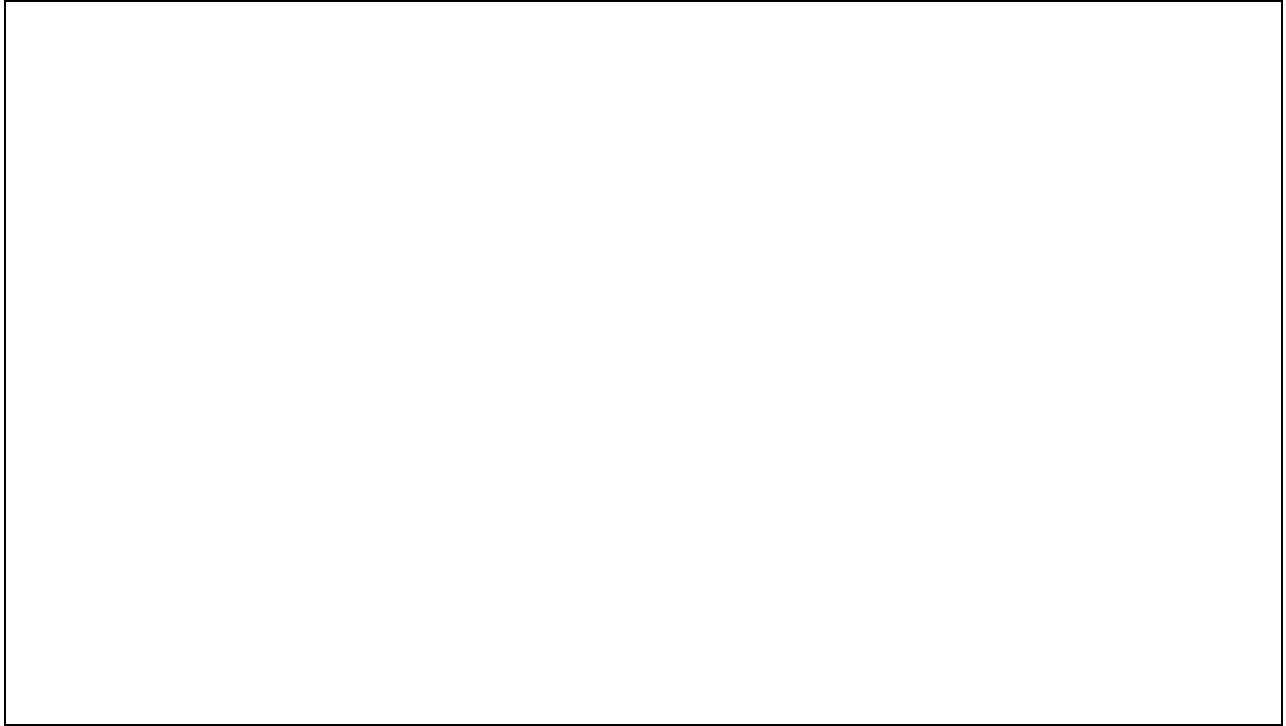


UNDERSTANDING STRESS

If you drew a picture of your stress, what would it look like?

A large, empty rectangular box with a thin black border, intended for a drawing or illustration of stress.

Stress – “It is our mental, emotional and physical responses to the irritants, challenges and threats – individual and accumulated – in our lives.” *Texas Heart Institute, Heart Owner’s Handbook*