



CLASS 4 | DE-STRESS YOURSELF WORKSHEET

Stress-Related Complaints

DIRECTIONS: *Do you suffer from stress-related complaints? Many diseases can be traced directly or indirectly to stress. Below are a number of conditions that have been identified as being stress-related. Circle any complaints that you experience.*

Tension Headache	Infectious Diseases
Muscle Cramps/Spasms	Cancer
Back Pain	Metabolic Dysfunction
Neck Pain	Stroke
Shoulder Pain	Irregular Heart Rate
Jaw Tension	Insomnia
Chronic Pain	Fatigue
Migraine Headache	Breathing Irregularities
Raynaud's Syndrome	Profuse Perspiration
Cold Hands And Feet	Overeating
High Blood Pressure	Alcohol Abuse
Skin Problems	Drug Abuse
Allergies	Sexual Dysfunction
Asthma	Anxiety
Depression	Arthritis
Stomach Pain	Emotional Instability
Digestive Disorders	Fears And Phobias
Abdominal Disorders	Learning Disabilities
Constipation	Living In The Past Or Future
Diarrhea	Forgetfulness
Frequent colds	Clumsiness

RESOURCES

