

**Directions:** How does your body feel when you are relaxed? How does your body feel when you are really stressed? These feelings could change gradually, or you might feel ready to explode very quickly. Label how your body feels at each level.



1. I feel so relaxed.

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2. I feel a little weird.

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3. I do not feel good.

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4. I feel awful all over.

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5. I feel like I will explode!

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