

THE STRESS WHEEL

The body doesn't distinguish different types of stress. And when stress is present that is outside of the body's ability to cope & regulate, pain and other symptoms can arise.

The purpose of this wheel is to identify potential areas of stress in your life so that they can be addressed and you can move toward the life that you want to live.

How satisfied are you in each of the following categories?

Rate below by coloring in the corresponding circle where **1 = Not at all** and **10 = Fully**

