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Rev. Woods Stress Assessment Worksheet

You can only experience your environment with your senses so...

Wh 	at does stress ta	iste like?	
Wh	at does stress si	mell like?	
Wh	at does stress fe	el like?	
Wh	at does stress lo	ook like?	
 Wh	at does stress so	ound like?	

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