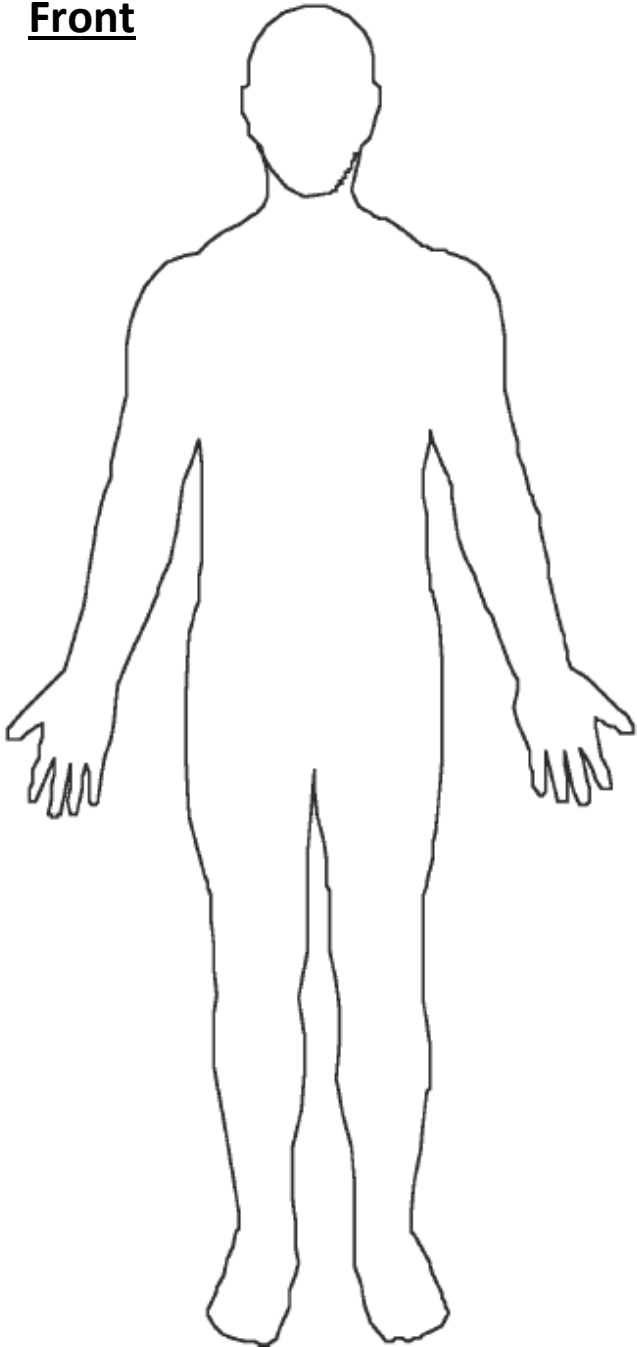
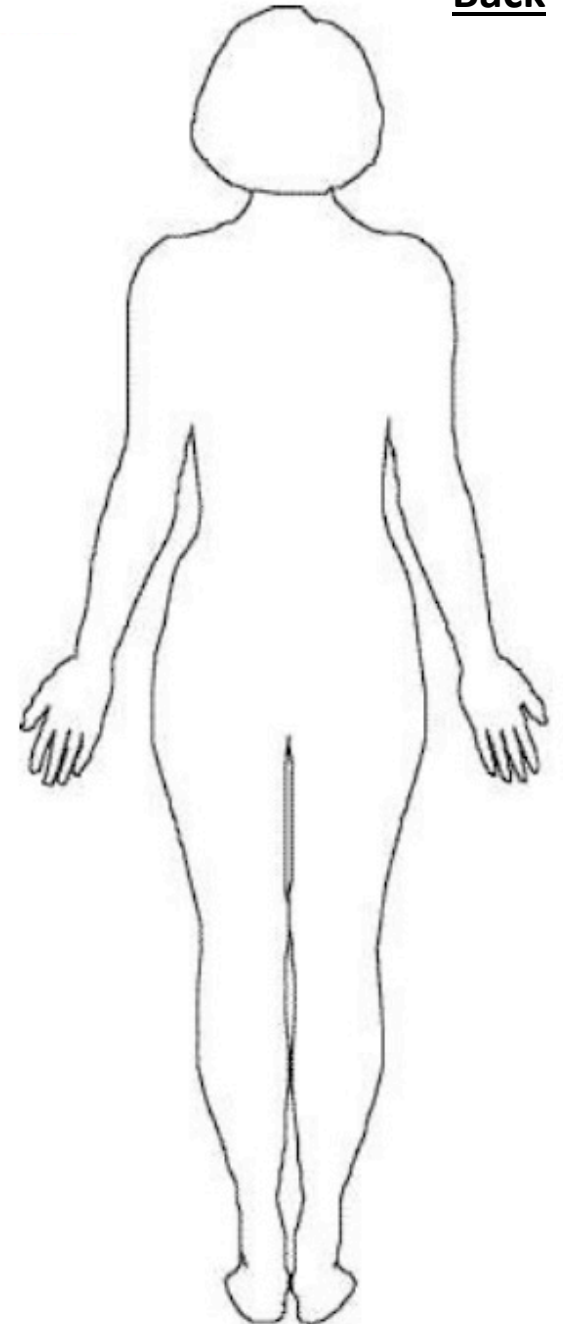


Where does it hurt?

Front



Back



Mark each spot on the front and back where:

1. you have an ache, pain or discomfort (red)
2. stress shows up in your body (green)
3. you have other symptoms, e.g., breathing problems, rashes, burns, allergies (blue)

What do you see?

What would you see if your co-workers added their "spots"?