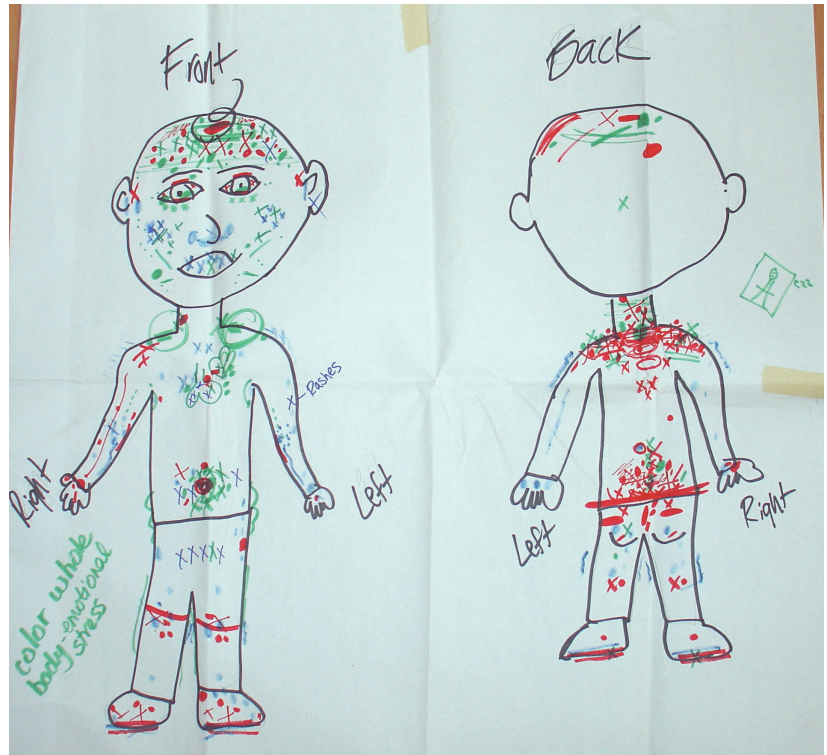


# Body mapping -- different ways

## 1. Drawing front and back

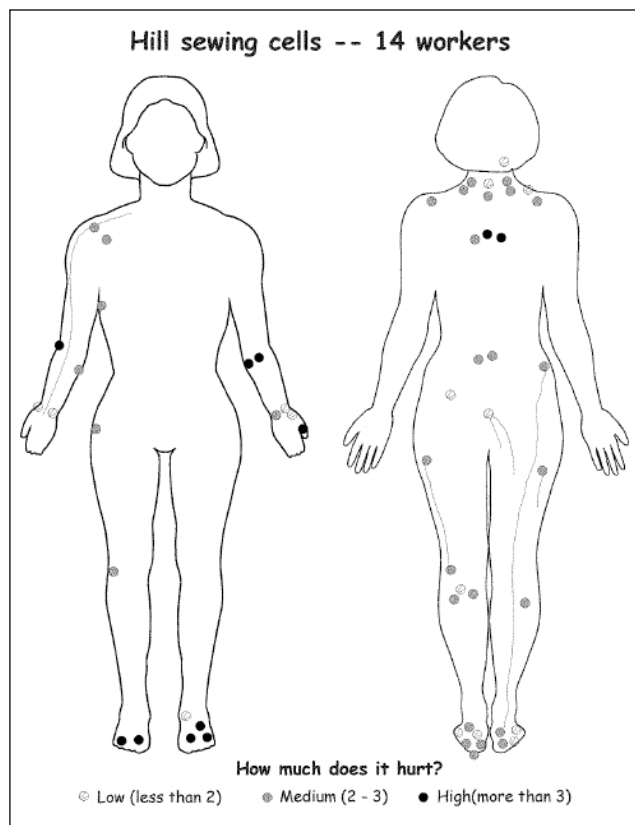
**Red:** aches and pains (ouch)  
**Green:** where does stress show up in your body?  
**Blue:** other symptoms, health problems



## 2. Using colored dots

**Red:** aches and pains (ouch)  
**Green:** where does stress show up in your body?  
**Blue:** other symptoms, health problems

3. Drawing answer to "How does stress affect your life?"



4. Combine individual body maps to show patterns in one type of work. This one is about aches and pains for women who stand to do sewing work.

(<https://www.cdc.gov/niosh/hhe/reports/pdfs/1998-0085-2715.pdf>)