

BODY

headaches
taut muscles
frequent infections
muscular twitches
skin irritations
breathlessness
fatigue

MIND

worrying
muddled thinking
impaired judgement
nightmares
hasty decisions
negativity
indecisions

STRESS

loss of confidence
more fussy
irritability
anxiety
alienation
depression
apathy

smoking more
restlessness
insomnia
loss of sex drive
drinking more
loss of appetite

EMOTIONS

BEHAVIOR

Body Mind Behavior

DP Hallahan



Body Mind Behavior:

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