

STRESS IN MY BODY

Even though I know I'm stressed because I can feel it in my body, somehow I can love and accept myself
Even though I feel all of this stress in my body, somehow I can forgive and accept myself
Even though my body feels the effect of all this stress, somehow I can forgive myself

I feel the stress in my body
I know what it feels like to be stressed
Stress is a feeling
I can feel stress in my body
There's always one place in my body
That acts up when I'm stressed
The first place I feel my stress
In my body
This feeling of stress in my body

I want to be over all these feelings of stress in my body

Stress changes my heart rate
Stress changes the way I breathe
Stress troubles my ability to digest
Stress triggers all kinds of symptoms in my body
Stress affects my sleep patterns
Stress affects my entire body
I feel all of my stress in my body
Stress provokes troublesome symptoms in my body
When I'm over-stressed, I feel it in my body

I want to be completely, 100% over all the ways that I feel stress in my body

I can feel my stress in my body
I can feel all this tension in my body
My body feels stressed
My body feels tense when I'm stressed
I feel the stress in my neck and shoulders
I feel the tension in my muscles
I feel the stress in my back
Stress causes tension headaches
Over-stress causes a lot of tension in my body

Somehow, I will be completely, 100% over all the ways that my body feels over-stressed

I feel the stress in my body
Stress is a physical response
My body naturally responds to stress
But sometimes there's too much stress
My body knows how to cope with stress
But sometimes it gets over-stressed
My body has natural ways of dissipating the stress response
But sometimes my body gets over-taxed
I can feel stress in my body, and I can feel relaxation in my body as well