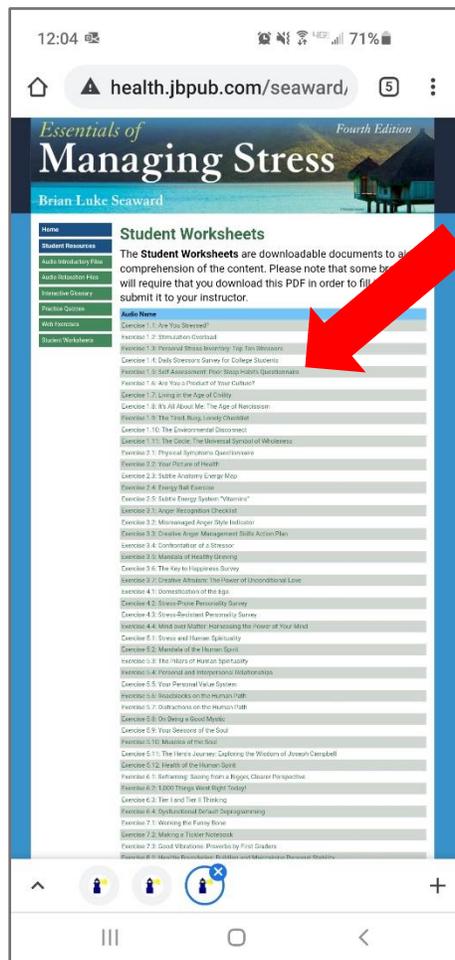


How to Download and Complete Fillable PDFs on an Android Mobile Device

This document provides directions on how to download, complete, and submit fillable PDFs from a Jones & Bartlett Learning companion website.

1. Ensure your device and browser are updated, per these specifications:
<https://www.jblearning.com/TechSupport>
 - a. Install **Adobe Acrobat Reader** for Android (or similar app).
2. Log into Navigate or the companion website and open the desired file.



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3. Select the **three dots** in upper right to open menu.

12:05 [icons] 71%

← 9781284103625_CH... [icons] [three dots]

Chapter 1

EXERCISE 1.3: Personal Stress Inventory: Top Ten Stressors

It's time to take a personal inventory of your current stressors—those issues, concerns, situations, or challenges that trigger the fight-or-flight response in your body. The first step to resolving any problem is learning to identify exactly what the problem is. Take a moment to list the top ten issues that you are facing at the present moment. Then place a check mark in the columns to signify whether this stressor directly affects one or more aspects of your health (mind, body, spirit, emotions). Then, next to each stressor, chronicle how long it has been a problem. Finally, record whether this stressor is one that elicits some level of anger, fear, or both.

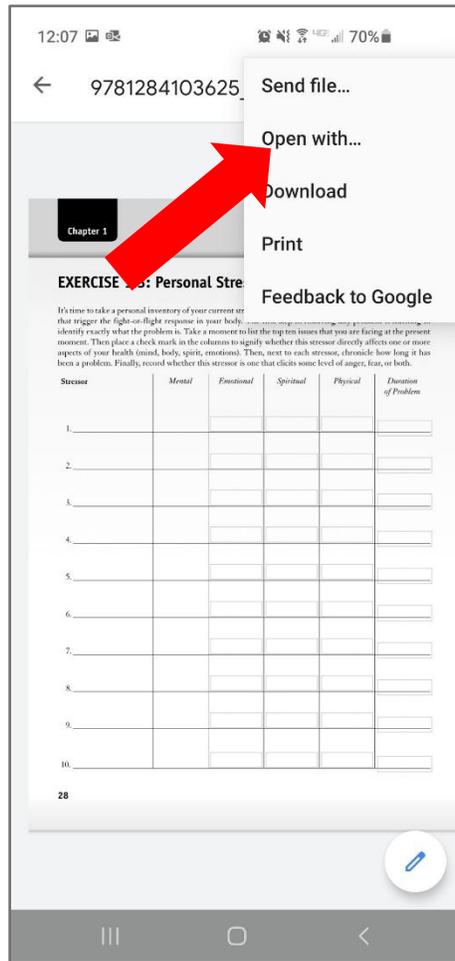
Stressor	Mental	Emotional	Spiritual	Physical	Duration of Problem
1. _____					
2. _____					
3. _____					
4. _____					
5. _____					
6. _____					
7. _____					
8. _____					
9. _____					
10. _____					

28

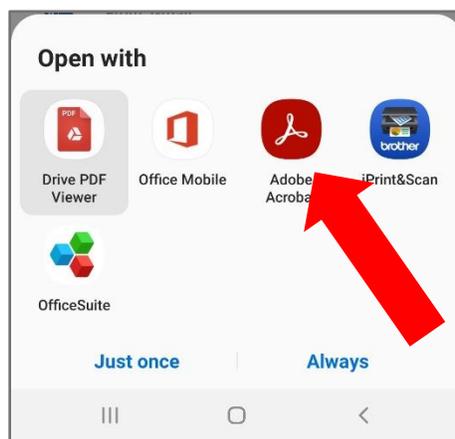
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4. Select **Open with**.

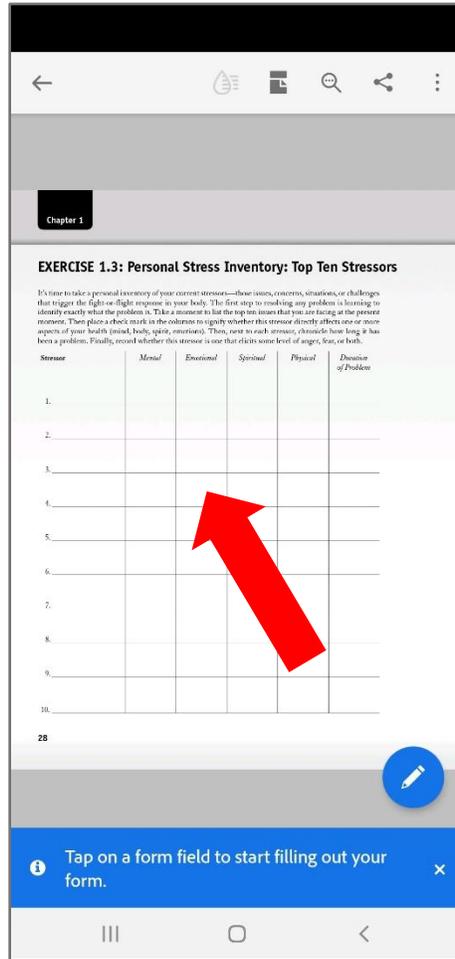


5. Select **Adobe Acrobat** (or similar app of choice) and either **Just once** or **Always** (depending on individual preference).



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6. Tap on a field to enter information in the file.



Chapter 1

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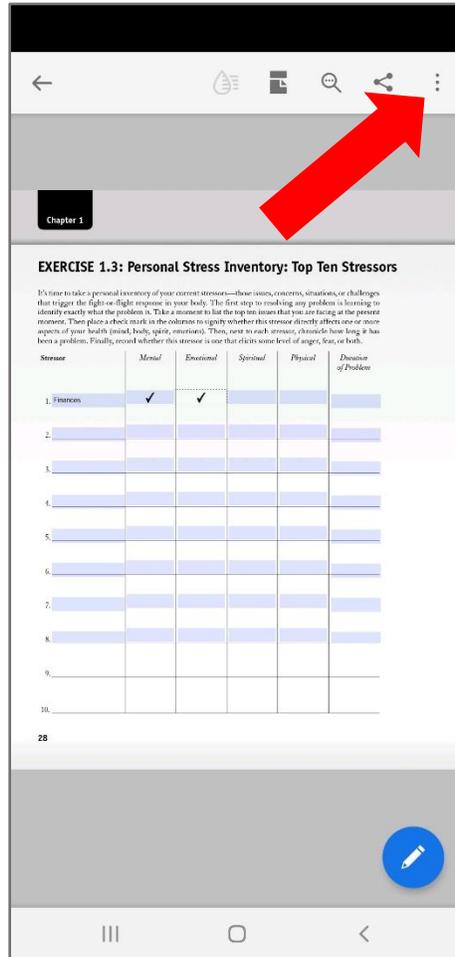
Stressor	Mental	Emotional	Spiritual	Physical	Duration of Problem
1. _____					
2. _____					
3. _____					
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10. _____					

28

Tap on a form field to start filling out your form.

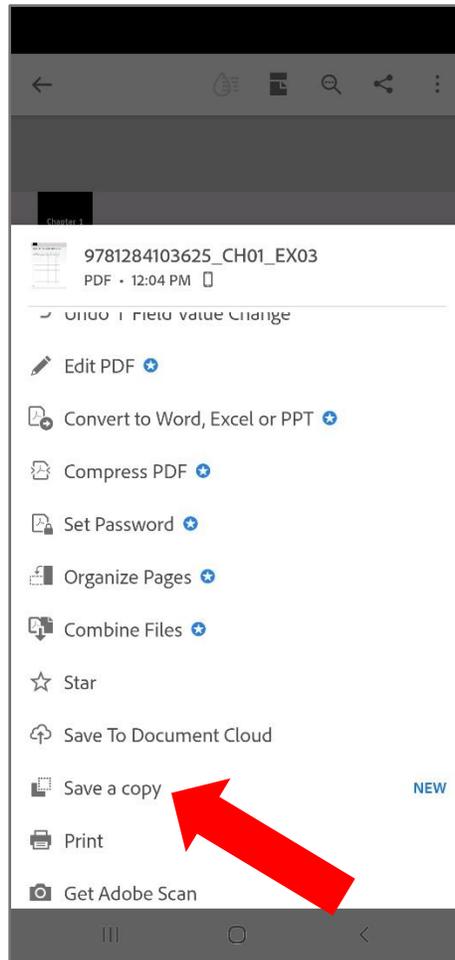
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7. When complete, select the **three dots** in upper right to open menu.



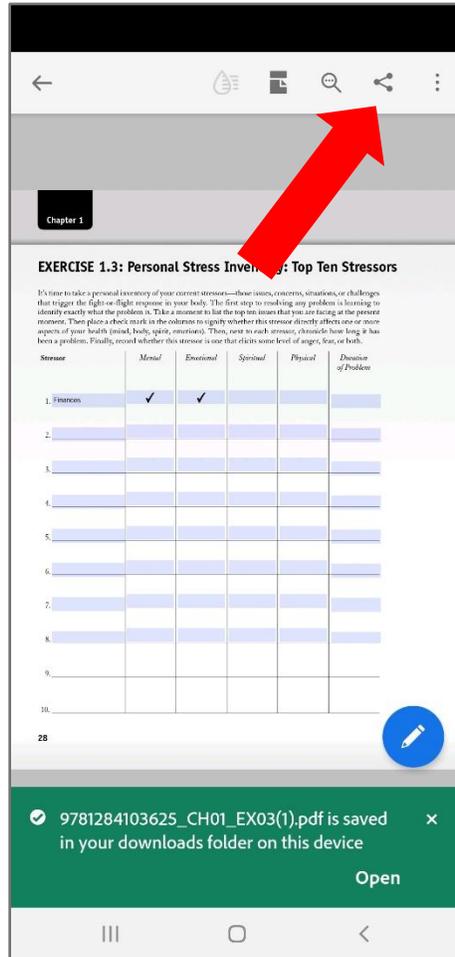
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8. Select **Save a copy**



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9. Share via email, text, Navigate assignment submission, Dropbox, etc. as needed.



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