

NOTICING MIND AND BODY

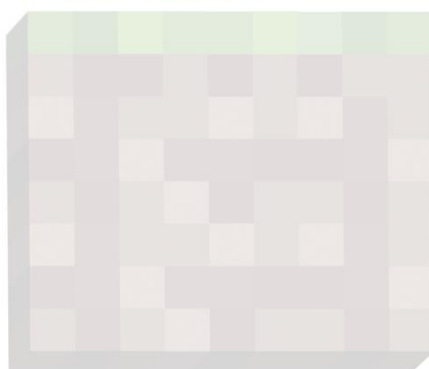


Did you know that a situation can trigger different thoughts, emotions, behaviours, and body signals?

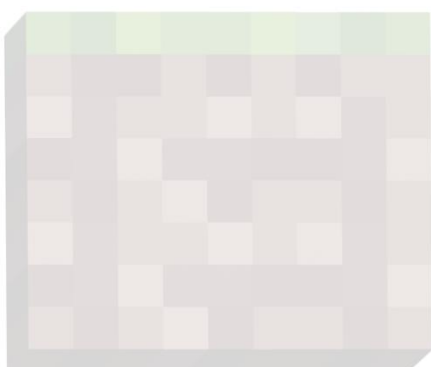
These are all connected but sometimes I'm not aware of them! I record them to help notice and change unhelpful thoughts and behaviours.

Situation

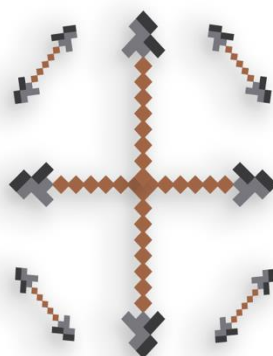
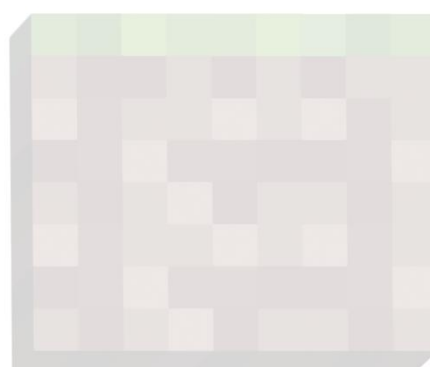
THOUGHTS



EMOTIONS



BEHAVIOUR



BODY

