



# WHEN & THEN



What practical things can we do to help our feelings or stress or worry?

When

I panic about the future, I feel overwhelmed

then



Better Thoughts

I can handle whatever the outcome is.

Take Action!

Try mindfulness, look at my sleep and plan chill out time

When

then



Better Thoughts

Take Action!

When

then



Better Thoughts

Take Action!

When

then



Better Thoughts

Take Action!