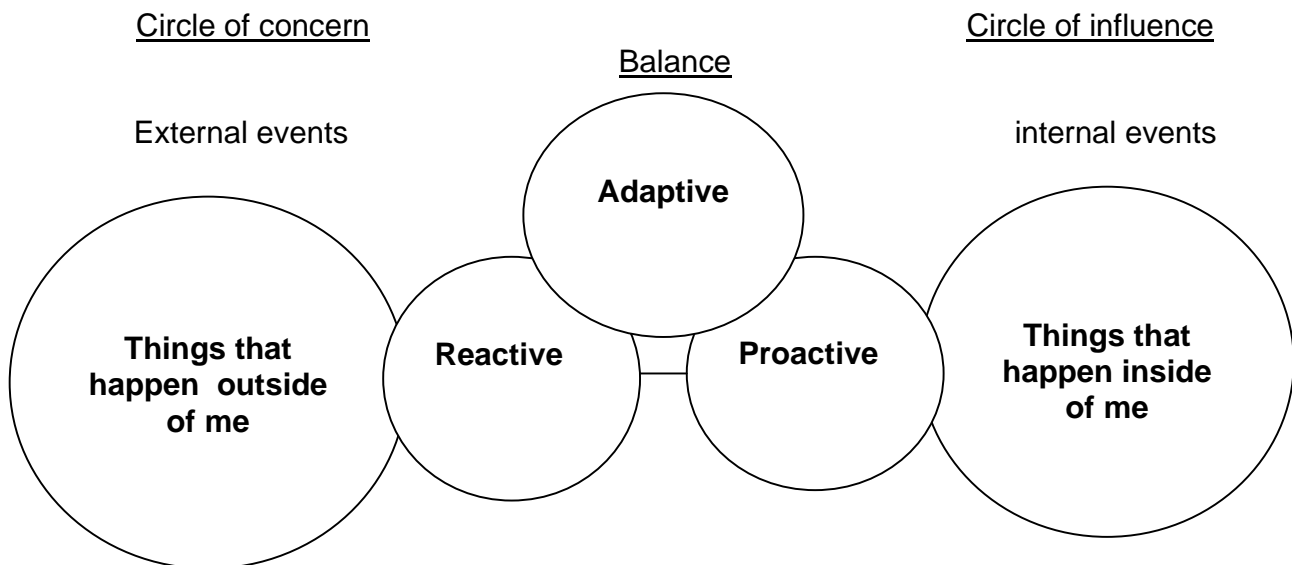
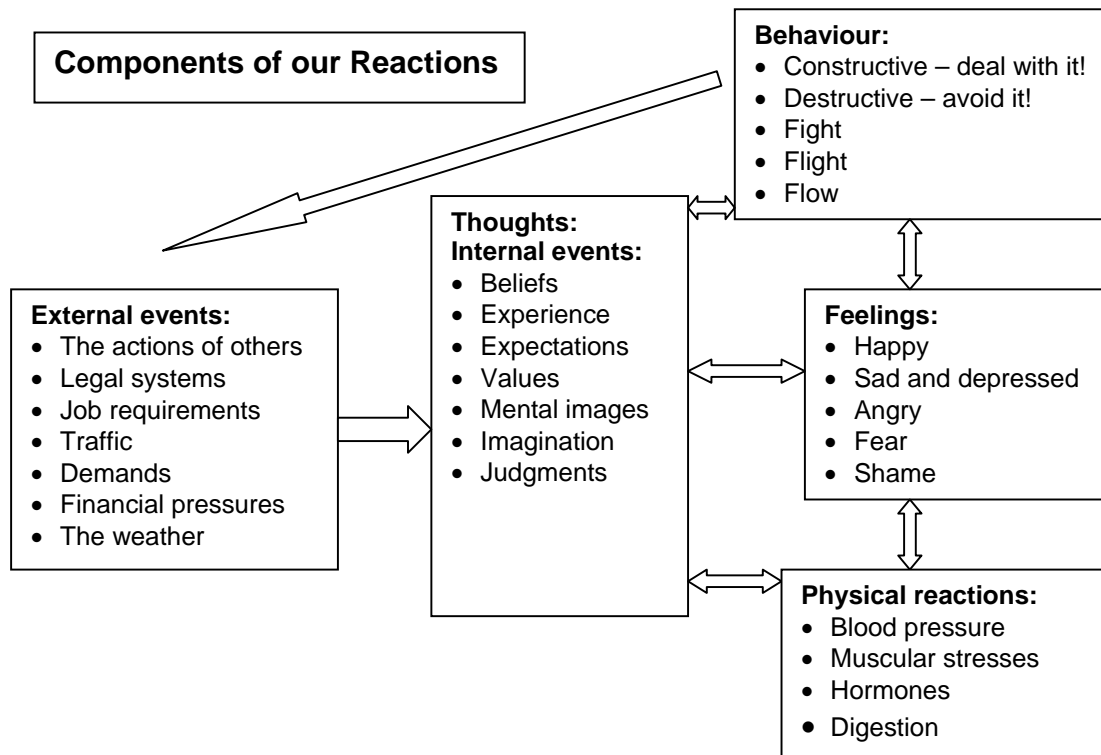


Thoughts and Feelings, Behaviours Map

Adapted from: "You & Stress" by Dr Bob Montgomery & Lynette Evans



Adapted from: "First Things First" by Steven Covey