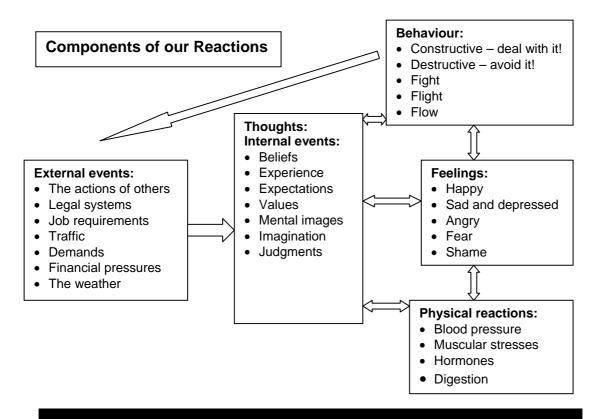
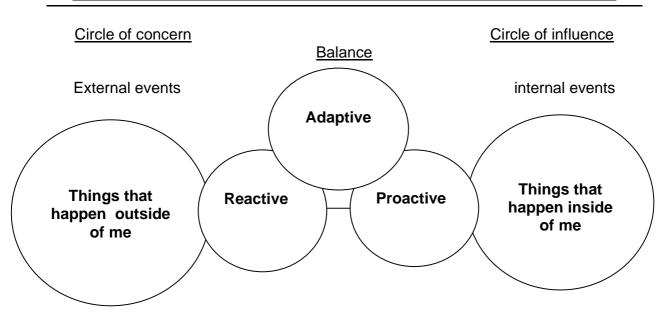
Thoughts and Feelings, Behaviours Map

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





Adapted from: "First Things First" by Steven Covey

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