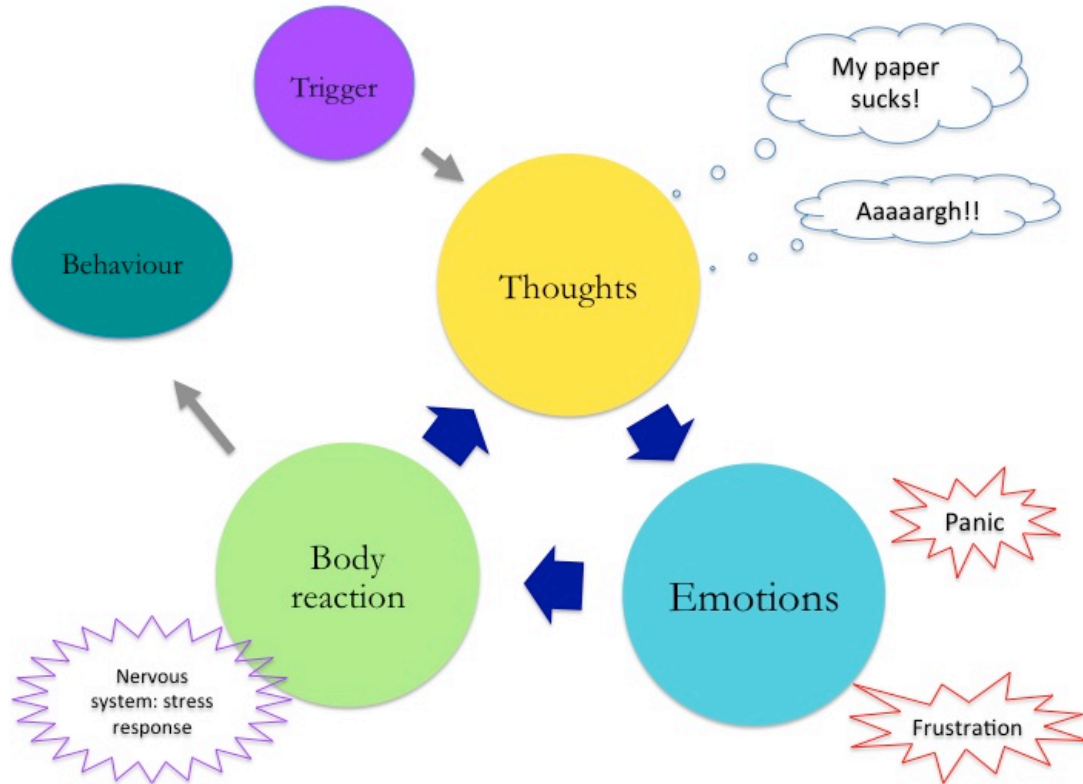


Map Your Stress Cycle



Pick your trigger:

1. What are my thoughts reacting to this situation?

WEEK 1 - DAY 4

5. What could I do to be kind to myself, and break the stress cycle, when it starts looping?

Take the time to explore these different aspects of your personal stress reaction. Simply recognising when you're stuck in the stress cycle is a powerful tool. If you can add ways to break the stress cycle: even better.