## **Stress Management**

| **Trigger** | **Bodily Situations** | **Emotions** | **Thoughts** |
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Become aware of what causes your stress, name it to tame it!

Notice how it feels in your body.

Label or name the emotion so you can become separate from it, and allow it to pass.

Use breathing techniques to soothe.

Notice the associated thoughts and use STOP or other techniques to prevent emotional hijack.