

# Balance: Plan to Manage Anxiety, Stress, and Worry

## THINK

Thoughts That Calm My Mind

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## ACT

Actions to Deal Effectively With Anxiety

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## BE

Mindful Awareness Practices

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## Ways to Reduce Stress

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## Tasks to Stay on Top Of

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## My Sleep Plan

Bedtime: \_\_\_\_\_

Wake time: \_\_\_\_\_

Wind down time: \_\_\_\_\_

## Nutrition Plan

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## How to Quiet Worries

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