

## Balance – Week 1: Thoughts, Feelings, Actions

Take note of your reactions when you notice that you're anxious, stressed, or worried.

Note what you thought, what you felt, and what action you took. This practice can increase your awareness of how you experience stress and anxiety—a crucial first step in the Think Act Be approach.

Time	Situation	What I Thought	What I Felt	What I Did
<i>Example</i>				
<i>10:30 am</i>	<i>Responding to an email</i>	<i>What if I've offended them?</i>	<i>Tension in my stomach, a little light-headed</i>	<i>Sat and stared out the window Opened Facebook</i>
1.				
2.				
3.				
4.				
5.				
6.				