

Dealing with STRESS: ANALYSIS



Try to fill in something of your own experience. You may begin to understand your difficulties a little better. Particularly what patterns may exist and how things interact. This is a good starting point in managing your stress: analyse the situation. Remember: stress is not always possible to avoid. What YOU can change is how you respond to stress.

Situation

Feelings

Thoughts

Physical Symptoms

Behaviours

Dealing with STRESS: TAKING ACTION



What can I do to
avoid this:

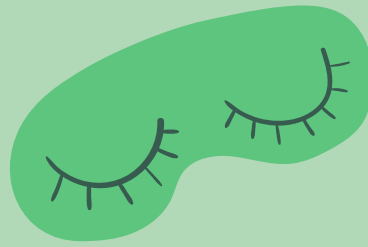
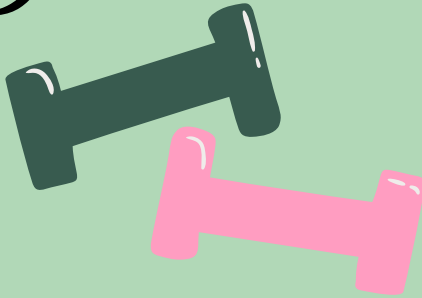
Who needs to be
involved:

When will I take
action:

NEW improved
STRUCTURE



My program covers all the essentials!



Nutrition

Fitness

Sleep

Mood

✓ Personalised nutrition advice and tailored to you meal plans to tackle cravings and low energy. Herbal medicine and natural healing through food

✓ Exercise suggestions

✓ Deal with sleep & mood management

✓ Support you in your journey!

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and your health

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