

# thoughts



What are your thoughts when you feel low?



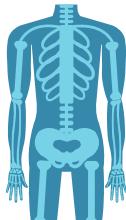
# emotions



What are your emotions when you feel low?



# physical



What do you experience in your body when you feel low?



# actions



How do you act when you feel low?



It is difficult to try and change our emotions and physical feelings, because they are the response to our thoughts and actions.

But by challenging our thoughts and trying to act differently, we may notice a difference in our feelings, both emotional and physical.

Take some time over the next week to try to challenge your thoughts and change your actions, making notes of things you try. Then ask yourself, how has this cycle changed as a result?

