



Learn to relax wellness plan

What specific events trigger you to feel, stressed, anxious or angry that you want to now manage?

Are they life threatening?

1

2

3

What are the emotions attached to the triggers?

Name the emotions, to tame the emotions! That's.....

1

2

3

Early warning signs of strong emotions to manage.

What sensations do you notice first? These maybe the same for all or different.

1

2

3

Your quick calming strategy.

Which works best for the sensations you experience during each trigger event.

1

2

3

Your longer daily calming practice.

What, where, when, how long?



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My place of relaxation is....

Add small picture if possible

What are the negative thoughts that pop up for each trigger?

If possible notice what is the root of the story? Name it to tame it! That's

1

2

3

The beneficial thoughts to replace negative thoughts specific to triggers.

1

2

3

My feel good anthem is...

Increasing positivity strategy.

i.e. 3 gratitudes, funny thing, good things, focus on strengths.