

# A MOMENT TO PROCESS

You're experiencing a stressful moment.  
Take a moment to process the situation.

In as few words and as factually as possible, what is happening?

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What are your thoughts about it?



What feelings do you feel? (Anger, happiness, sadness, anxiety, etc., not "I feel like...")

A large, thick purple rounded rectangular box is centered on the page, intended for the user to write down their feelings.

How are you behaving? Have your actions changed?

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Okay! Now that you've had a moment to think about what is happening,  
consider this....

Stressful situations are unavoidable, but HOW we respond is controllable. Consider how changing your reactions in this particular stressful situation can actually decrease your stress.



How could you change your thoughts in this situation? What thoughts would be more helpful?



If your thoughts have changed, now have your feelings changed? What are those new feelings?

A large purple rounded rectangular box, intended for writing about feelings.

Now that your thoughts and feelings have changed, has your behavior changed? Do you want it to change? What might your ideal behavior be?

Four horizontal purple lines, intended for writing about behavior changes.

Taking a moment to think about and process what you're going through, along with considering how you want to react can give you perspective on your stressful situation. Doing this regularly in different situations can change your thoughts, feelings, and behaviors in stressful situations over time. You deserve to live life with the freedom of choosing how you want to act and react.