

Reframe the behaviour

Restore energy

Recognize the stressors

SOCIAL

PROSOCIAL

COGNITIVE

EMOTION

BIOLOGICAL



Reflect: Enhance stress awareness

Reduce the stress

The MEHRIT Centre
self-reg.ca

Self Help Framework

Shasha Hu



Self Help Framework:

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Self Help Framework** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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