

Reframe the behaviour

Restore energy

Recognize the stressors

SOCIAL

PROSOCIAL

COGNITIVE

EMOTION

BIOLOGICAL



Reflect: Enhance stress awareness

Reduce the stress

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Self Help Framework

Rosina Ehmann



Self Help Framework:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Self Help Framework** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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