

Reframe the behaviour

Restore energy

Recognize the stressors

SOCIAL

PROSOCIAL

COGNITIVE

EMOTION

BIOLOGICAL



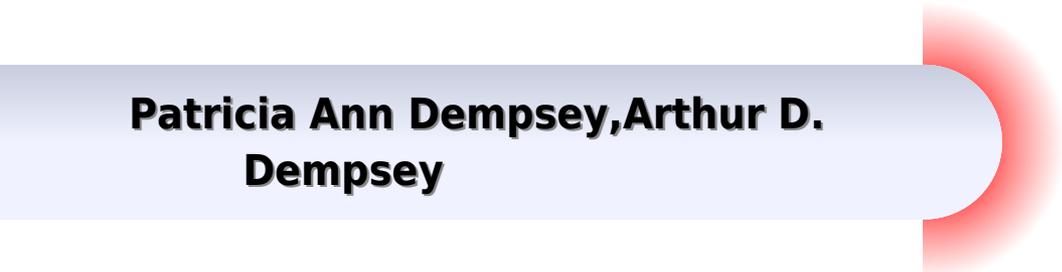
Reflect: Enhance stress awareness

Reduce the stress

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Self Help Framework

**Patricia Ann Dempsey, Arthur D.
Dempsey**



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