

A: Being anxious

DOING

★ Trembling

THINKING

★ Something bad is going to happen

FEELING

★ Nervous

PHYSIOLOGY

★ Racing heartbeat

B: Being confident

DOING



Take deep
breaths

THINKING



I am brave

FEELING



Hopeful

PHYSIOLOGY



Normal
respiration rate

A: Being negative

DOING

★ Withdrawing
from others

THINKING

★ I can't cope

FEELING

★ Distressed

PHYSIOLOGY

★ Loss of energy

B: Being positive

DOING



Do something
relaxing

THINKING



Good things will
happen

FEELING



Reassured

PHYSIOLOGY



Normal heart rate