

Working~Well challenges you to hit the “Paws” button and implement a simple anxiety management technique at the beginning and end of each day as well as whenever needed throughout the day.

Click each morning and evening box below to track completion.



TAKE HEART

WEEK 1

<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	1	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	2	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	3	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	4	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	5	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	6	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	7	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED
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WEEK 2

<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	8	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	9	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	10	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	11	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	12	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	13	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	14	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED
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WEEK 3

<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	15	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	16	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	17	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	18	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	19	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	20	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED	21	<input type="checkbox"/> MORNING <input type="checkbox"/> EVENING <input type="checkbox"/> AS-NEEDED
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PRESS



BREATHE
 » Box
 » 4-7-8
 » Belly

PHYSICAL
 » Progressive
 Muscle
 Relaxation

GROUNDING
 » 3-3-3
 » 5 Senses

Click on the “Paws” button for a more detailed description of each exercise.

“IF YOU HAVE THE COURAGE TO BEGIN, YOU HAVE THE COURAGE TO SUCCEED.”

- DAVID VISCOTT