

**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"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING
<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING
<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED

## WEEK 2

<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING
<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING
<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED

## WEEK 3

<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING	<input type="checkbox"/> MORNING
<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING	<input type="checkbox"/> EVENING
<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED	<input type="checkbox"/> AS-NEEDED

# 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**