

BAM! Summary and Review of Lesson 3

	STRESS	BAM!
Body	▪ Tense muscles ▪ Fast heartbeat ▪ Breathing fast/holding your breath ▪ Stomachache ▪ Tired	▪ Just breathe ▪ (Optional) Progressive Muscle Relaxation
Action	▪ Arguing, yelling ▪ Avoiding people ▪ Procrastinating ▪ Too much TV/ Social Media	▪ Asking for help ▪ Hanging out with friends/having fun ▪ Being active/exercising
Mind	▪ What ifs? (Catastrophizing) ▪ Filtering	▪ Challenge questions and answers