

Unhealthy Diet	Back Aches	Headaches	Relaxation Breathing	Noise
Disrupted Sleep	Talk to a Friend	Overreaction	Commuting	Reduced Motivation
Self-Criticism	Watch A Comedy	FREE	Death of a loved one	Lack of Sleep
Listen to Music	See Problems as Opportunities	New Baby	Impulsive	Overloaded Schedule
Impatience	Difficulty Concentrating	Practice Reframing	Weather	Fatigue

Watch A Comedy	Commuting	Relaxation Breathing	Disrupted Sleep	Overreaction
Headaches	Weather	Noise	Difficulty Concentrating	Reduced Motivation
Listen to Music	Death of a loved one	FREE	Lack of Sleep	Back Aches
Impulsive	Practice Reframing	Unhealthy Diet	Fatigue	See Problems as Opportunities
New Baby	Overloaded Schedule	Self-Criticism	Talk to a Friend	Impatience

Difficulty Concentrating	Practice Reframing	Commuting	Overloaded Schedule	Death of a loved one
Unhealthy Diet	Listen to Music	New Baby	Talk to a Friend	Noise
Self-Criticism	Fatigue	FREE	See Problems as Opportunities	Impulsive
Watch A Comedy	Reduced Motivation	Relaxation Breathing	Weather	Headaches
Lack of Sleep	Back Aches	Overreaction	Disrupted Sleep	Impatience