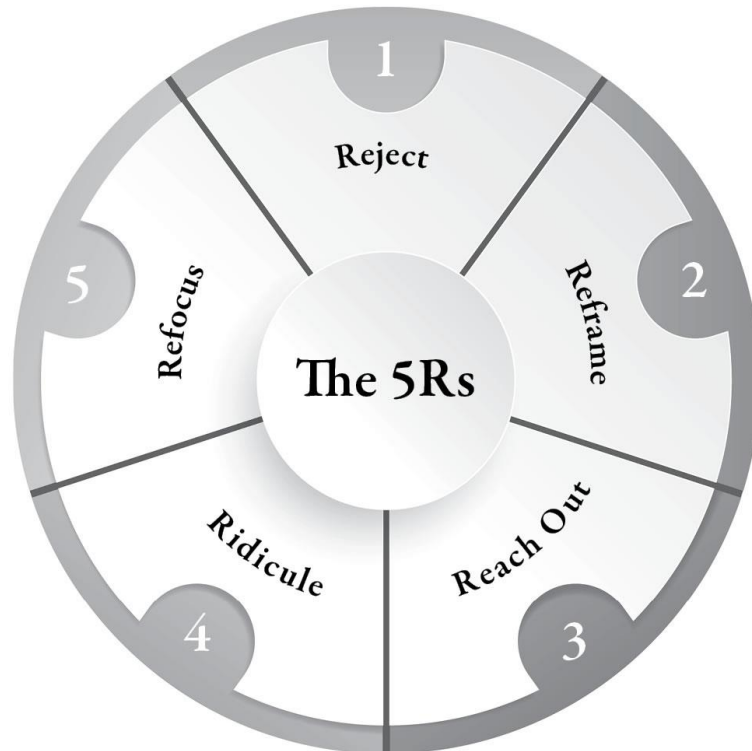




The 5Rs for managing unhelpful thoughts



Excerpt from “Unleash Your Leadership : How to Worry Less and Achieve More” by Alison Reid – Figure 3, Page 61

Print a copy of this page to remind you of the 5Rs techniques you can use to manage unhelpful thoughts.

