

Vicious Cycle of poor sleep (blank)



www.mindwell-leeds.org.uk

What I was thinking:

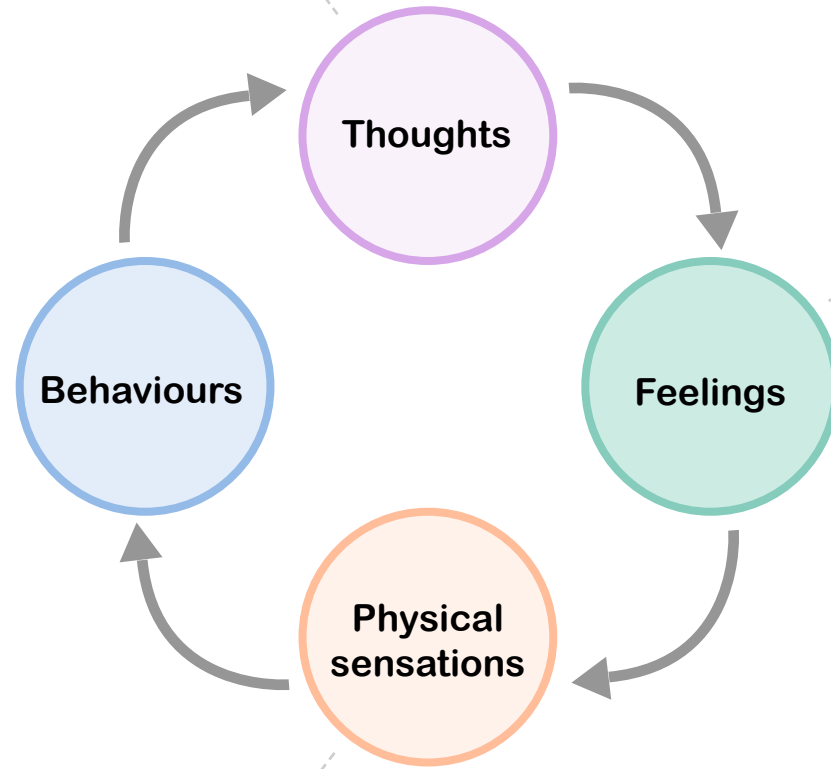
Thoughts begin to race

What I was doing:

Feelings create behaviours

What I was feeling:

Thoughts create feelings



How my body reacted:

Thoughts and feelings trigger physical response