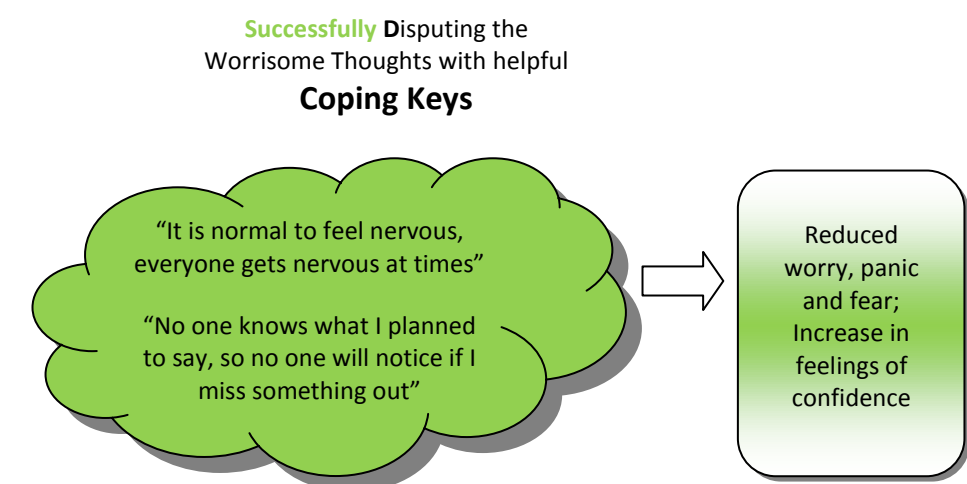


VS



The abcde model of thinking FOR social anxiety

Positive Thinking vs Helpful Thinking (using MindAid Coping Keys)

It can be difficult to challenge unhelpful thoughts in the heat of the moment when we are feeling anxious, stressed or worried. This is where MindAid Coping Keys can help you to *Think Well* and *Live Well*.

