



The diagram above shows the four ways that we process; thinking, emotion, behavior, *and soma*, meaning how our body feels. Each part of the diamond affects the other parts. For example, our thinking can affect how we behave, how we feel emotionally can affect how we feel physically, and so on.

We can learn how to change each of these parts of the diamond, which can help all of the other parts at the same time. If we change how we *think*, we can change how we feel emotionally and physically. If we change how we *feel*, we can change how we behave, and so on.

Some ways of making these changes can be to practice being mindful, noticing alternate perspectives, and learning how to use relaxation techniques.