

The **CRAFT** Change Process



CATCH Yourself

Learn activities to recognize the reactions and effects that stress can have on our emotions, brain, and bodies.



RELAX

Learn exercises that promote self-awareness, mindfulness, and relaxation in order to set the stage to act and make an informed response.



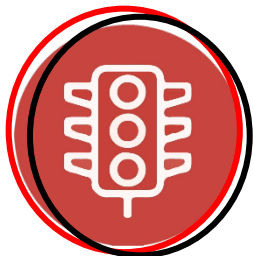
ASSESS

Learn activities to measure emotions and stress levels that shift negative reactions to positive engagement and responsiveness.



FOCUS

Learn strategies to concentrate on positive events which paves the way for healthy choices associated with worth and success.



THINK

Learn exercises that link thinking to decisions and actions which are in the best interest of participants and help them to feel empowered.