



# Behavioral Health Wellness Clinic

Alaska Native Tribal Health Consortium

Directions: Keep track of activities, thoughts, and feelings to identify behavior that promotes your personal wellness!

Activity (What did you do?)	Thoughts (What thoughts showed up?)	Feeling (How did you feel?)
EXAMPLE: Ate berries and salmon	"This food is nourishing my body"	Content, strong

Call or visit our website to schedule a counseling appointment today!

907-729-2492 or [www.anthc.org/BHWC](http://www.anthc.org/BHWC)



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