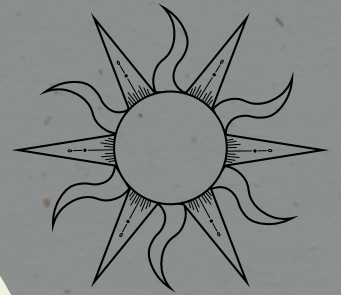
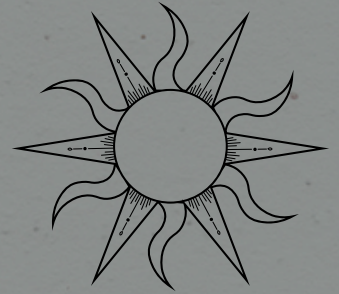


STRESS & ANXIETY MANAGEMENT *Workbook* **2025**



A simple Workbook designed to help you manage
your wellness and mental health.



Understanding Stress

Stress is your body's response to a challenge or danger or perceived danger. While some stress can motivate us, too much can feel overwhelming. Common symptoms of stress include:

- Physical: Fatigue, headaches, muscle tension.
- Emotional: Irritability, anxiety, sadness.
- Behavioral: Overeating, procrastination, difficulty sleeping, drinking to numb and being in overhelme

The key to managing stress is understanding your triggers and using techniques to respond more calmly.

Reflection Activity:

Take a moment to write down your top three stressors. Next to each, note how they make you feel and what physical or emotional responses they trigger.

Stress-Reduction Tools



1. Breathing Techniques
Deep breathing helps calm your nervous system. Try this simple exercise:

Inhale deeply through your nose for 4 seconds.
Hold your breath for 4 seconds.
Exhale slowly through your mouth for 6 seconds.
Repeat 5 times.

2. Grounding Exercises
Grounding helps bring you back to the present moment.

Try the "5-4-3-2-1 Technique":
5: Name five things you can see.
4: Name four things you can feel.
3: Name three things you can hear.
2: Name two things you can smell.
1: Name one thing you can taste.

3. Setting Boundaries
Learning to say "no" is essential for reducing stress.
Write down one situation where you often overcommit.
Practice a polite but firm way to decline next time.
Example: "Thank you for thinking of me, but I'm unable to take that on right now."



THOUGHT AWARENESS

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

Negative
Thoughts

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

Rational
Thoughts

Use rational, positive thoughts and affirmations to counter negative thinking. See if there are any opportunities that are offered by it.

Positive
Thoughts

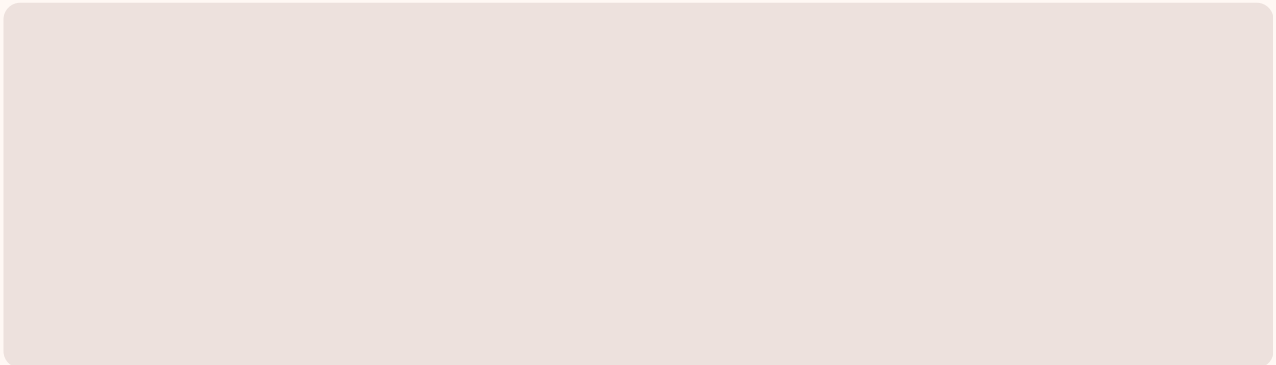
COGNITIVE RESTRUCTURING

Reducing Stress by Changing Your Thinking

Cognitive restructuring is useful for understanding what lies behind negative moods. These may undermine our performance, or damage our relationships with other people.

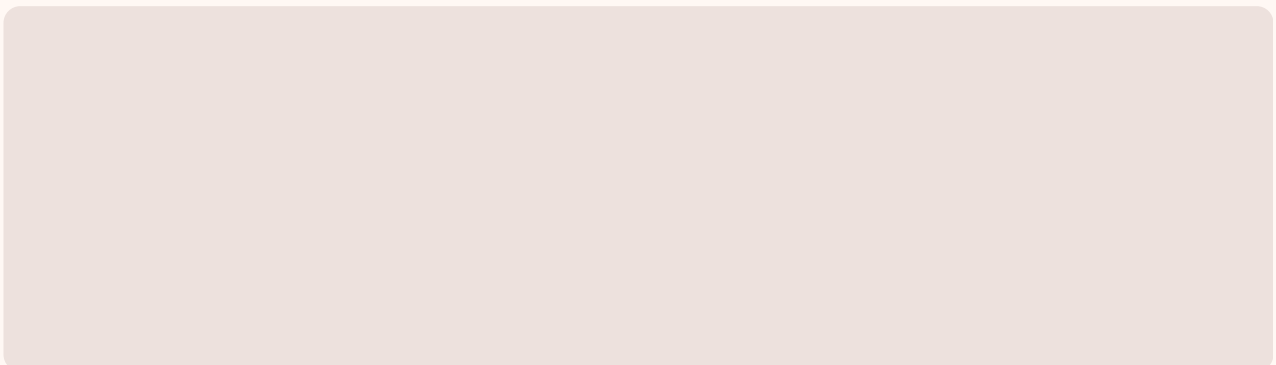
Step 1: Identify the Situation

Describe the situation that triggered your negative mood.



Step 2: Analyze Your Mood

Describe how you felt in the situation, and how you're feeling now.





Step 3: Identify Automatic Thoughts

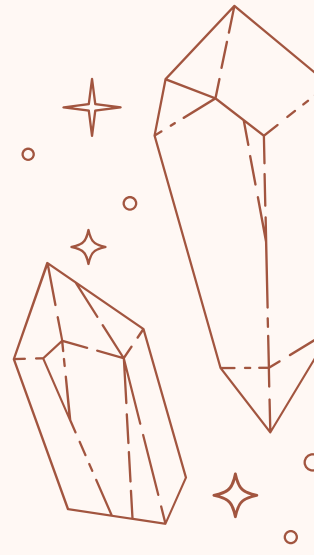
Make a list of your automatic thoughts in response to the situation.

Step 4: Find Objective Evidence

Write down any evidence you can find that supports the automatic thoughts and any evidence that contradicts the thought.

Step 5: Monitor Your Present Mood

Take a moment to assess your mood. Do you feel better about the situation? Is there any action you need to take? Write down your present mood, along with any further steps that you need to take.



Understanding YOUR PROBLEMS

Try to fill in something of your own experience. You may begin to understand your difficulties a little better. Particularly what patterns may exist and how things interact.

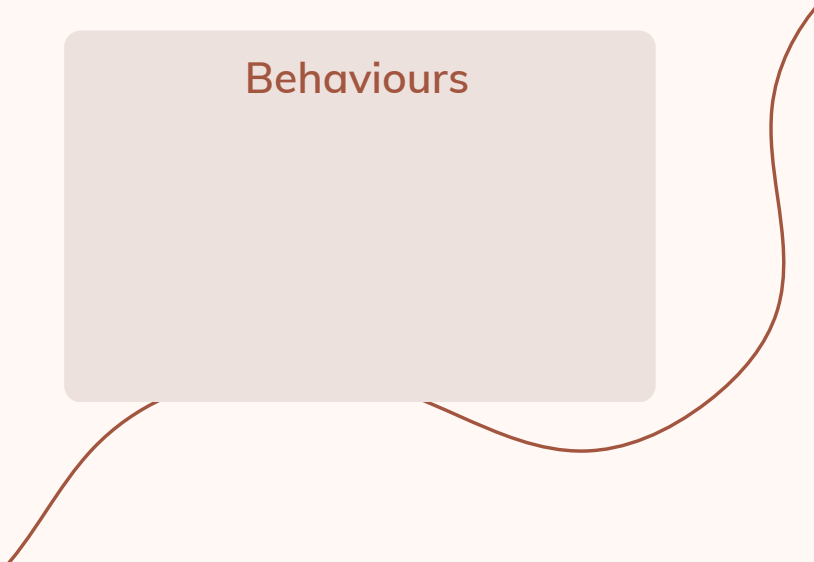
Situation

Feelings

Thoughts

Physical Symptoms

Behaviours



When Stress Runs Deeper

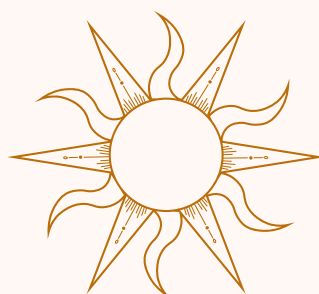
While this workbook offers valuable tools to manage stress, it's important to recognize that sometimes the root causes of stress lie in unresolved issues or past experiences. These triggers can manifest in ways that go beyond surface-level stress management techniques.

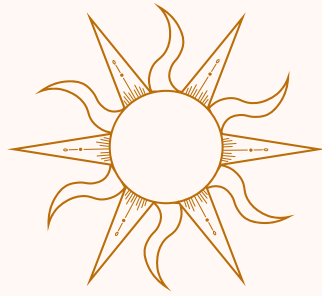
This is where somatic experiencing can be transformative. By working with a trained practitioner, you can begin to address these underlying issues in a safe and supportive environment. Somatic experiencing focuses on how stress and trauma are stored in the body, helping you release tension and find long-term relief.

Remember, healing is a journey, and progress takes time.

If you feel like you need deeper support, consider reaching out to a somatic experiencing practitioner who can guide you through this process.

Here's to your continued growth and well-being,





The End

