



# Stress Management Workbook



Below are the Five Dimensions of Wellness and their definitions. In the space provided, draw (objects, pictures, scenes, etc.) or write 1-2 sentences describing what signs of stress you are experiencing, or may have experienced, in each dimension.

**Spiritual wellness** is connecting to something greater than yourself and following a set of values, morals, and beliefs to guide your actions and help to form meaningful habits. Habits can also provide a sense of meaning and purpose.

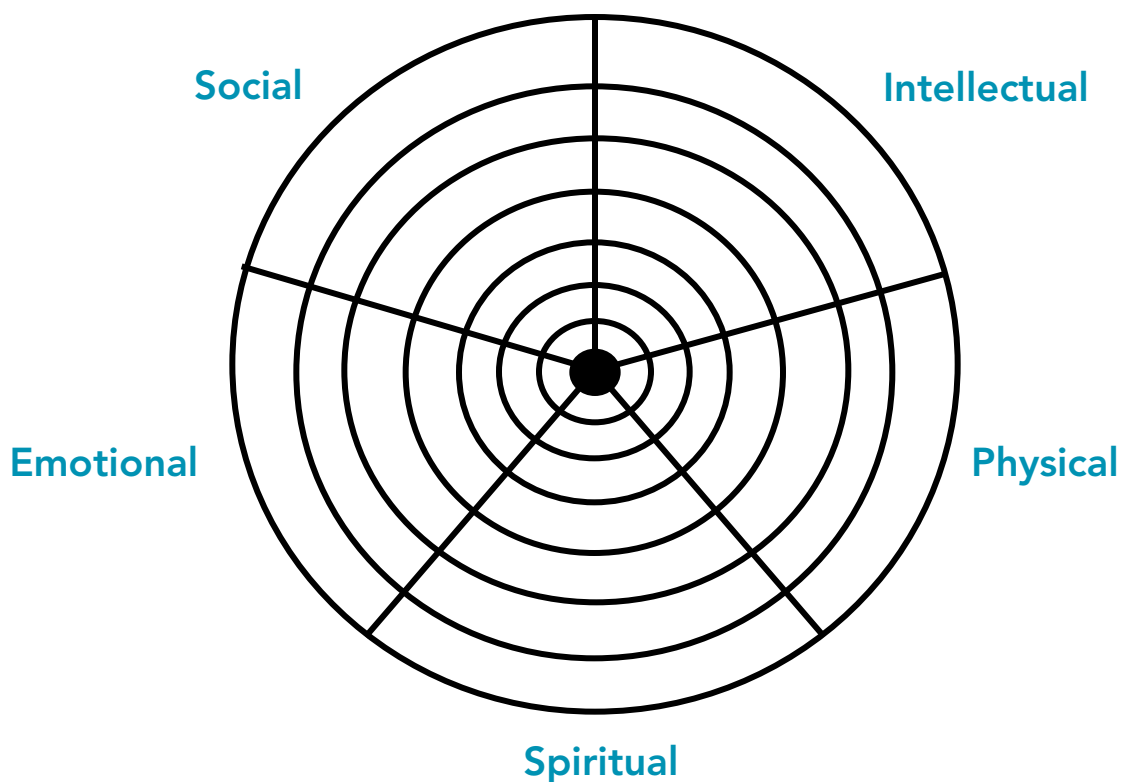
**Physical wellness** involves making choices to fulfill our bodies in a meaningful way that support our overall physical health. Physical wellness balances all aspects of the physical self which includes sleep, movement, nutrition, hygiene, relaxation, sexual health, management of illness and injury, and the use of drugs and alcohol.

**Intellectual wellness** is the creativity and mental growth that we pursue to expand our knowledge and skills.

**Social wellness** refers to the relationships we have and how we interact with others. This dimension involves building healthy, nurturing, and supportive relationships, as well as fostering a genuine connection with yourself and those around you.

**Emotional wellness** is the process of recognizing, understanding, and accepting our emotions. It involves the ability to remain in the present moment and effectively handle change and challenges that come our way.

On the diagram below, plot the level of stress you are feeling today in relation to each of the dimensions of wellness. The further out from the center of the diagram, the more stress you are experiencing; the closer to the center of the diagram, the less stress you are experiencing. Once you have plotted where you find yourself today, notice which dimension(s) have a greater amount of stress and which have less. Think about what may be causing stress in each dimension and what stress management, or the lack of effective management, may look like in each dimension.



## Coping Skills – The Three R's

Consider a stressful situation: Utilizing the considered situation, the following section will describe and apply the Three R's Strategy to create a framework for managing the stress associated with it.

Try to recall a recent, or commonly experienced, stressful situation. In the space provided below, describe the situation in as much detail as possible; try to capture how you responded and engaged with the challenge.


► **Regulate** your emotions: pause and connect with the feelings, bodily sensations, and other aspects of the situation

What feelings did you experience? Reference Appendix – Image 1: Feelings Wheel

What bodily sensation(s) accompanied the above indicated feelings?

What aspects of the situation may have contributed to these feelings?






► **Reframe** your thought(s): identifying and understanding unhelpful thoughts then challenging and replacing automatic thoughts

Reference the feelings and bodily sensations you noted before. Write down your initial thoughts?

Challenge and dispute your thoughts, question assumptions

- Are my thoughts concerning this situation accurate?
- Are my thoughts based on facts or feelings?
- What evidence do I believe I have to support my thoughts?
- What other evidence or perspectives have I not considered?
- What other interpretations of the evidence could there be?
- What is the worst that can happen if my thought is correct?
- If I look at this situation positively, how is it different?
- What did I learn/did I learn anything?
- What would someone I trust about think about this situation?
- What advice would I give someone I care about in a similar situation?

Review your initial thoughts. After considering the questions above, is there a way to reframe your thoughts concerning the situation that may be more effective in assisting in stress management?



► **Respond** accordingly: engage in the situation in an insightful and informed way and rework how you react to stressful situations in your life.

Imagine the stressful situation occurs again, this time you utilize the reframed thoughts you developed. What does your response look like, verbally, behaviorally, emotionally?

How do you know if you aren't ready to respond?

If you aren't ready to respond, what action(s) can you take to increase your readiness?



## Self-Care

Consider your current self-care routine(s): In the space below, describe the routine(s)

For every identified routine, rate how effective they are in relation to stress management on a scale of 1-10 (1 being least effective; 10 being most effective).

Review how you rated the above routines: Categorize them into what routine(s) you would like to keep and what routine(s) you would like to change.

Keep

Change

Below are the Five Dimensions of Wellness and their definitions again for your reference. In the space provided, match your routine(s) (both what you would like to keep and what you would like to change) that you feel best corresponds with the dimension of wellness.

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Reflect on your current self-care routines in the context of the Five Dimensions of Wellness. If you notice any gaps or patterns where you hope to implement new routines, write them on the lines below.

**Spiritual wellness**

**Physical wellness**

**Intellectual wellness**

**Social wellness**

**Emotional wellness**



**PRE-ACTION PLAN:**

Taking into consideration how you manage stress in relation to the five dimensions of wellness; select one dimension you would like to focus on:

Draw an object or write a sentence that helps you visualize a goal that you hope to achieve related to this dimension and stress management:

Why did you choose this goal?

Are there any potential challenges and/or barriers you anticipate? (Internal or external)

What resources will help you reach this goal? (e.g., people to support you, tools, strategies, etc.)



**ACTION PLAN:**

What action(s) will you take to accomplish this goal?

When will these actions take place? (i.e., indefinitely, one time, weekdays, weekends, etc.)

Where will these actions take place?

With whom will you execute these actions? (i.e., individually, with family, with friends, etc.)

When you imagine achieving this goal, what will that look like in relation to stress management, and how will you know when it's time to celebrate success?

