

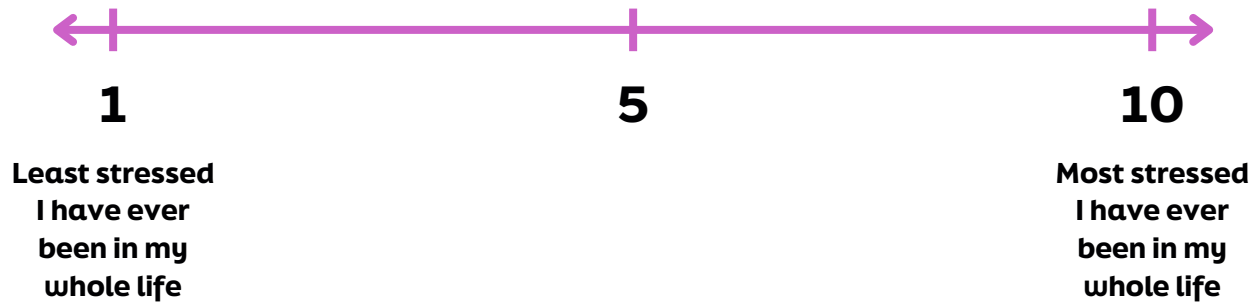


# *Stress Awareness Month Workbook*



# Stress Check

*Where would you put your current stress level on this scale?*



How I am Managing My Stress	Current Top Stressors
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**What is one or two things you could do today to lower your stress level by one point?**

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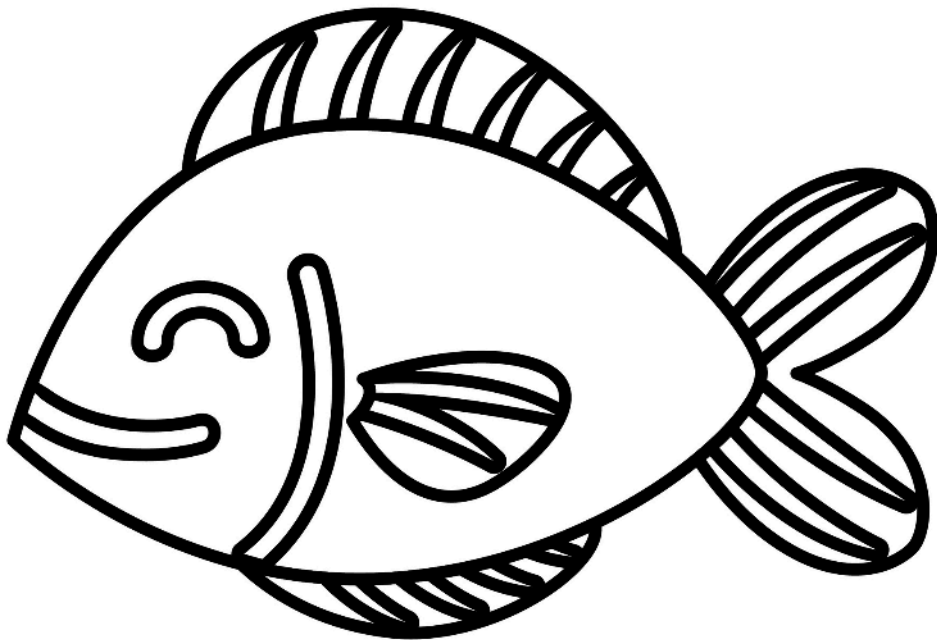
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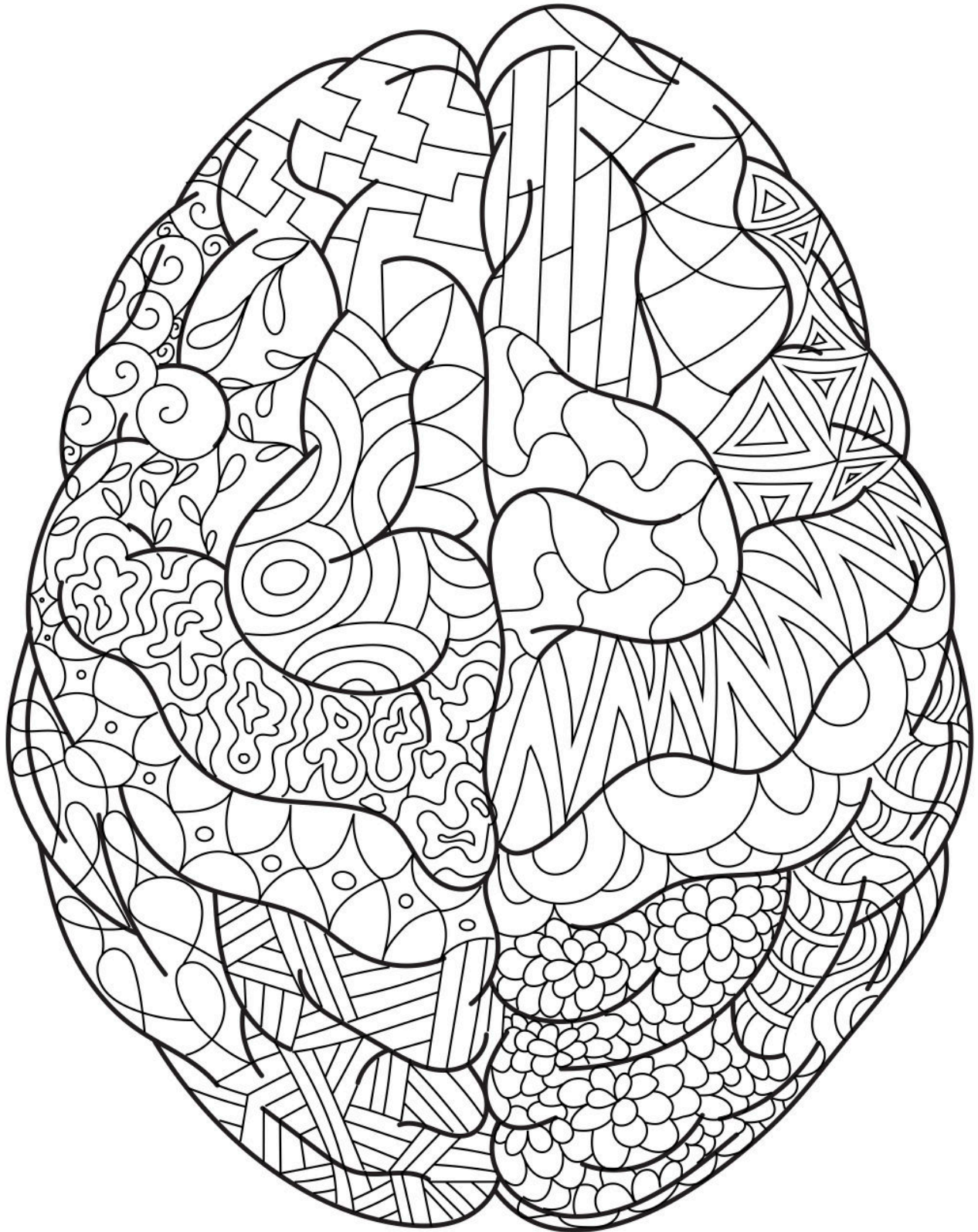
# Self-care

*isn't selfish.*



# Melt the Stress Away

*Spend some time meditating or listening  
to music while you color*



# What's Causing You Stress?

***Let's break them down: name the little annoyances, the big transitions of the things, and the things that feel out of your control.***

[illegible][illegible]

# What Can I Control?

When we're feeling stressed, it can help to think about things we have influence over, and what we can do. In the outer ring, list the stressors or worries that you have zero control over. In the middle ring, list stressors you have some influence over. In the inner ring, list the stressors you can control.



**Things I have  
no control over**

**Things I have  
some control over**

**What I can  
control**

**Which circles have more items listed?**

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**Are there any themes or patterns to your stressors?**

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**Look at the things in your “What I Can Control” circle. Pick one to start with. What can you do about it today?**

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**For the items that are in the outer-most circle, are there things you can do to feel more in control or make a difference? What can you or should you let go of?**

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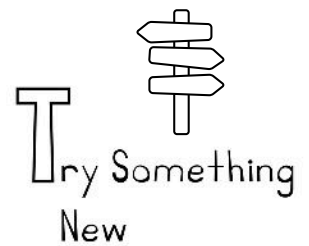
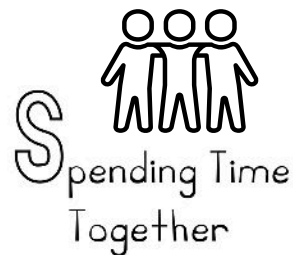
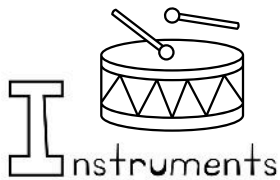
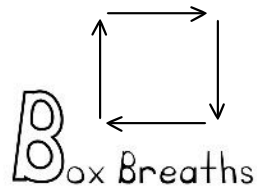
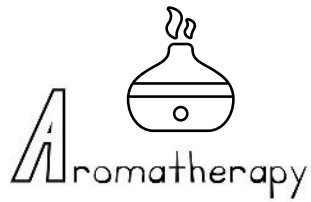
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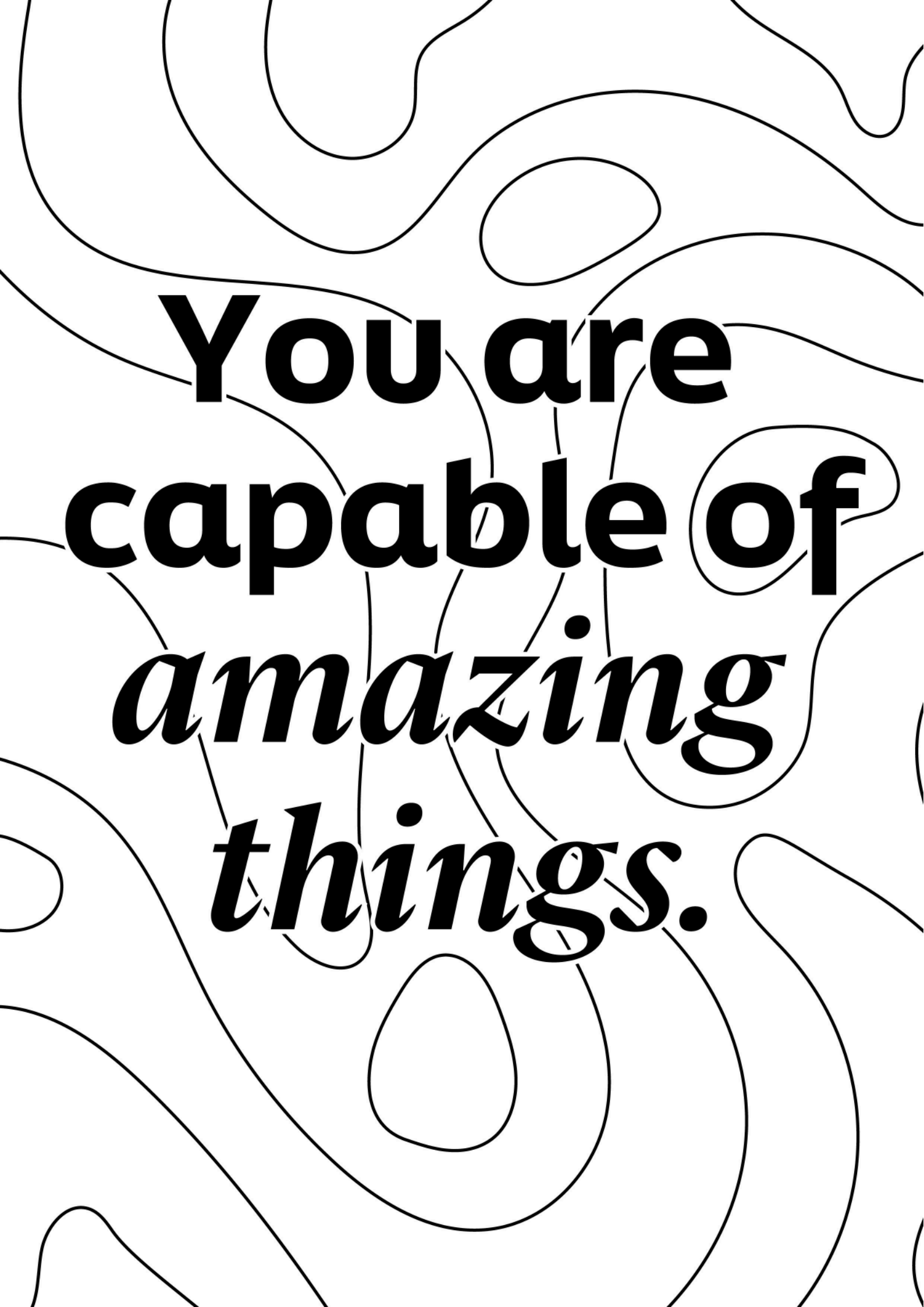
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# Coping Skills from A to Z



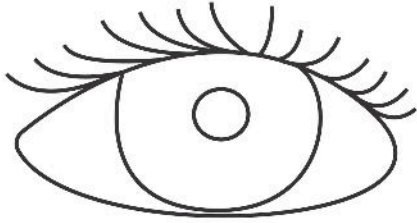




**You are  
capable of  
*amazing  
things.***

# Feeling *stressed*?

Try this 5-4-3-2-1 Grounding skill. Follow these steps to calm your mind.



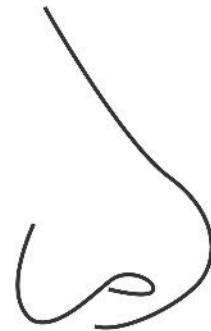
Find 5 things you can see around you.



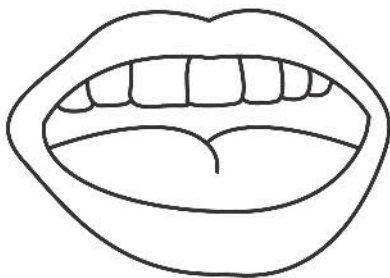
Notice 4 things you can touch or feel



Focus on 3 things you can hear



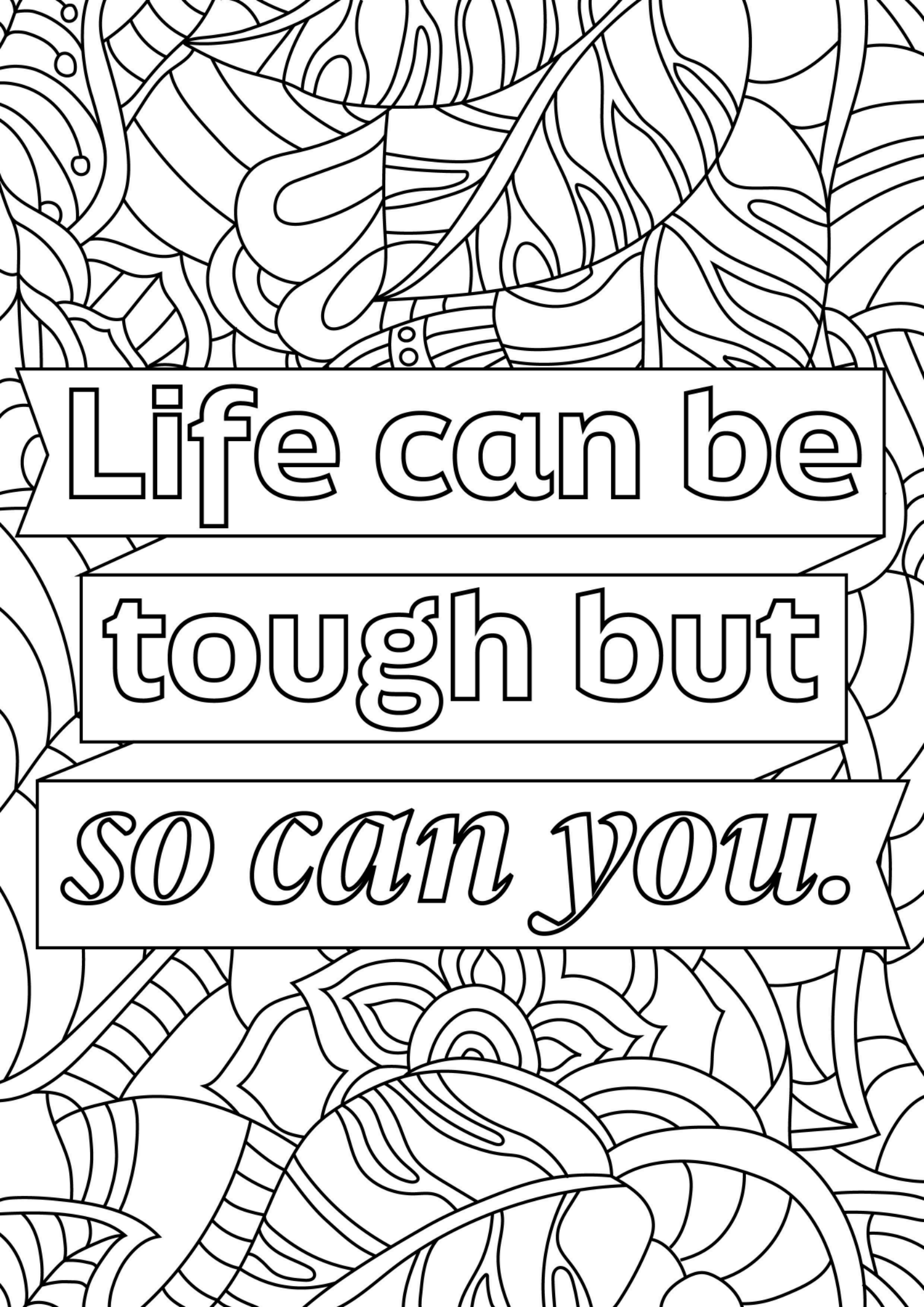
Notice 2 things you can smell



Focus on 1 thing you can taste

**Would you rather listen?  
Scan the QR code here:**





Life can be

tough but

*so can you.*

# Journaling Prompts

**Can stress be used as a tool? When?**

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**Times that stress has been a good thing (motivation):**



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**How can I recognize when my stress is becoming too much?  
What signs—physical, emotional, or behavioral—let me  
know I need to step back and take care of myself?**

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**I want to do more of...**



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**I want to do less of...**



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# Journaling Prompts

**What would my ideal self-care day look like?**

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**What activities make me feel most at peace?**

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**What is one topic I'd like to explore more in therapy related to stress and self-care?**

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**What has therapy taught me about managing stress in a healthy way?**

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# Try the TIPP Skill

*For when stress is intense and you need fast relief:*

Temperature: Change your body temperature (cold water on your face, holding ice).

Intense exercise: Briefly engage in vigorous movement (jumping jacks, running in place).

Paced breathing: Slow, deep breaths (inhale for four, exhale for six).

Progressive muscle relaxation: Tense and relax different muscle groups. Follow along with this tool at this QR code →





Keep  
*going*