

 Safe Haven Connect CIC · Stress Management Workbook.pdf

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Mental Health & Wellbeing

Stress Management Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The activities in this workbook are designed for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – Understanding Stress

Stress is a normal response to pressure or challenging situations.

A small amount of stress can sometimes help us stay focused or motivated. However, ongoing or overwhelming stress can affect our physical health, emotional wellbeing and daily life.

Learning to recognise stress early can help you take positive steps to manage it.

♥ When I feel stressed, I usually...

- ☐ Feel overwhelmed.
- ☐ Worry a lot.
- ☐ Become irritable.
- ☐ Find it difficult to sleep.
- ☐ Struggle to concentrate.
- ☐ Feel tense.
- ☐ Withdraw from others.
- ☐ Stay busy to cope.
- ☐ Other:

♥ What causes me the most stress?

- ☐ Work or school
- ☐ Finances
- ☐ Relationships
- ☐ Family responsibilities
- ☐ Health concerns
- ☐ Lack of time

☐ Uncertainty about the future

☐ Other:

♥ What would I like to change about how I manage stress?

♥ Remember

Stress is a normal part of life.

Recognising it early and taking small steps to look after yourself can make a real difference.

You don't have to deal with everything at once—take one step at a time.

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PAGE 2 – Recognising the Signs of Stress

Stress can affect your mind, body and behaviour.

Recognising the early signs of stress can help you take action before it begins to feel overwhelming.

Everyone experiences stress differently.

♥ When I'm stressed, I notice...

- ☐ My heart beats faster.
- ☐ My muscles feel tense.
- ☐ I get headaches.
- ☐ I feel tired.
- ☐ I struggle to sleep.
- ☐ I become forgetful.
- ☐ I find it difficult to concentrate.
- ☐ I feel restless.
- ☐ Other:

♥ Emotionally, I may feel...

- ☐ Anxious
- ☐ Irritable
- ☐ Overwhelmed
- ☐ Frustrated
- ☐ Sad
- ☐ Worried
- ☐ Low in motivation
- ☐ Other:

♥ What are my early warning signs?

♥ What could I do when I notice these signs?

☐ Take slow, deep breaths.

☐ Go for a short walk.

☐ Take a break.

☐ Drink some water.

☐ Talk to someone I trust.

☐ Listen to calming music.

☐ Practice mindfulness.

☐ Write down my thoughts.

☐ Other:

♥ Remember

Stress often builds gradually.

The sooner you notice the signs, the sooner you can take positive steps to care for yourself.

Recognising stress isn't a weakness—it's the first step towards managing it in a healthy way.

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PAGE 3 – Identifying Your Stress Triggers

Stress often has specific triggers.

Understanding what causes your stress can help you prepare healthy ways to respond and reduce its impact on your wellbeing.

Remember, you may not be able to remove every source of stress, but you can change how you respond to it.

♥ My common stress triggers

- ☐ Work or school deadlines
- ☐ Financial worries
- ☐ Family responsibilities
- ☐ Relationship difficulties
- ☐ Poor sleep
- ☐ Health concerns
- ☐ Too many commitments
- ☐ Uncertainty about the future

☐ Lack of time

☐ Social situations

☐ Changes in routine

☐ Other:

💚 Think about a recent stressful situation.

What happened?

How did I respond?

What could I do differently next time?

♥ One small change I can make this week

- ☐ Ask for help.
- ☐ Take regular breaks.
- ☐ Plan my time better.
- ☐ Say "no" when needed.
- ☐ Practice relaxation.
- ☐ Exercise or go for a walk.
- ☐ Focus on one task at a time.
- ☐ Other:

♥ Remember

Not every source of stress can be avoided.

However, recognising your triggers gives you the opportunity to prepare healthier ways to cope.

Small changes today can make stressful situations feel much more manageable tomorrow.

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PAGE 4 – Healthy Ways to Manage Stress

Stress is a part of life, but there are healthy ways to manage it.

Finding coping strategies that work for you can help reduce the impact of stress on your mind and body.

Remember, different situations may require different coping strategies.

♥ When I feel stressed, I can...

- ☐ Take slow, deep breaths.
- ☐ Go for a walk.
- ☐ Spend time outdoors.
- ☐ Listen to calming music.
- ☐ Read a book.
- ☐ Stretch or exercise.
- ☐ Talk to someone I trust.
- ☐ Practice mindfulness.
- ☐ Write in a journal.
- ☐ Drink some water.
- ☐ Take a short break.
- ☐ Other:

♥ The coping strategies that help me the most

1.

2.

3.

♥ My Personal Stress Relief Plan

When I notice I'm becoming stressed, I will...

1.

2.

3.

♥ How do I usually feel after taking time to relax?

Remember

Managing stress doesn't mean removing every challenge from your life.

It means giving yourself the time, space and support you need to respond in healthy ways.

Taking even a few minutes to care for yourself can make a meaningful difference.

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PAGE 5 – Looking After Your Wellbeing

Looking after yourself is one of the most effective ways to reduce and manage stress.

Small, healthy habits can improve your ability to cope with life's challenges and help you feel more balanced.

Remember, self-care isn't selfish—it's an important part of maintaining your wellbeing.

 This week I will...

☐ Get enough sleep.

☐ Drink more water.

- ☐ Eat balanced meals.
- ☐ Exercise or move my body.
- ☐ Spend time outdoors.
- ☐ Take regular breaks.
- ☐ Limit my screen time.
- ☐ Spend time with people I care about.
- ☐ Practice relaxation.
- ☐ Do something I enjoy.
- ☐ Other:

♥ Three self-care activities that help me relax

1.

2.

3.

♥ One thing I will do for myself today

♥ How do I feel after looking after myself?

♥ Remember

Looking after your wellbeing helps you cope with stress more effectively.

Even small acts of self-care can improve your mood, increase your energy and help you feel more in control.

Taking care of yourself today is an investment in your wellbeing tomorrow.

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PAGE 6 – Managing Your Time

When life feels busy, it's easy to become overwhelmed.

Managing your time doesn't mean filling every minute—it means focusing on what's most important and giving yourself permission to take breaks.

Small changes can help reduce stress and make your day feel more manageable.

♥ I often feel stressed because...

- ☐ I have too much to do.
- ☐ I leave things until the last minute.
- ☐ I find it difficult to say "no."
- ☐ I struggle to prioritise.
- ☐ I don't take enough breaks.
- ☐ I try to do everything myself.
- ☐ Other:

♥ My Top Three Priorities Today

1.

2.

3.

♥ Today I Will...

- ☐ Complete one task at a time.
- ☐ Take regular breaks.
- ☐ Ask for help if I need it.
- ☐ Say "no" to unnecessary commitments.
- ☐ Celebrate what I achieve.
- ☐ Accept that I don't have to do everything today.
- ☐ Other:

♥ One thing I can let go of today

♥ Remember

You don't have to do everything at once.

Focusing on one task at a time can help reduce stress and improve your wellbeing.

Doing your best is enough. Progress is more important than perfection.

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PAGE 7 – Creating a Calm Routine

Having a regular routine can help reduce stress and create a greater sense of balance.

A routine doesn't have to be strict. Even a few simple habits each day can help you feel calmer and more in control.

 My Morning Routine

- ☐ Wake up at a regular time.
- ☐ Drink a glass of water.
- ☐ Eat breakfast.
- ☐ Stretch or move my body.
- ☐ Spend a few minutes breathing or relaxing.
- ☐ Plan my day.
- ☐ Other:

 My Evening Routine

- ☐ Reduce screen time before bed.
- ☐ Reflect on my day.
- ☐ Read a book.

☐ Practice relaxation.

☐ Prepare for tomorrow.

☐ Go to bed at a regular time.

☐ Other:

♥ One routine I want to improve

♥ One small change I will make this week

♥ Remember

A simple routine can help you feel calmer, reduce stress and improve your overall wellbeing.

You don't need to change everything at once.

Small daily habits can have a big impact over time.

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PAGE 8 – Letting Go of Stress

Not every problem can be solved immediately.

Sometimes, reducing stress means learning to let go of the things we cannot control and focusing our energy on what we can.

Letting go doesn't mean giving up—it means choosing where to place your time and energy.

 Right now, I am worrying about...

 Can I control this?

☐ Yes

☐ Partly

☐ No

♥ If I can control it, my next step is...

♥ If I can't control it, I can...

☐ Accept that it's outside my control.

☐ Focus on today.

☐ Take slow, deep breaths.

☐ Talk to someone I trust.

☐ Practice mindfulness.

☐ Do something relaxing.

☐ Be kind to myself.

☐ Other:

♥ One thing I choose to let go of today

Remember

You don't have to carry every worry with you.

Focusing on what you can control can help reduce stress and give you more energy for the things that truly matter.

Let go of what you can't control, and take one positive step towards what you can.

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PAGE 9 – My Stress Management Plan

Managing stress is an ongoing process.

Having a personal plan can help you recognise stress early and remind you of the healthy coping strategies that work best for you.

Remember, you don't have to deal with everything at once.

My Biggest Stress Triggers

☐ Work or school

☐ Finances

☐ Family responsibilities

☐ Relationships

- ☐ Health concerns
- ☐ Too many commitments
- ☐ Poor sleep
- ☐ Uncertainty about the future
- ☐ Other:

My Early Warning Signs

My Healthy Coping Strategies

- ☐ Take slow, deep breaths.
- ☐ Go for a walk.
- ☐ Listen to calming music.
- ☐ Practice mindfulness.
- ☐ Talk to someone I trust.
- ☐ Take regular breaks.
- ☐ Exercise or stretch.
- ☐ Spend time outdoors.

☐ Other:

♥ People Who Can Support Me

1.

2.

3.

♥ My Personal Reminder

When I begin to feel overwhelmed, I want to remember...

♥ Remember

Stress is a normal part of life, but it doesn't have to take control.

Every small step you take to care for yourself builds resilience and helps you manage life's challenges more effectively.

You are stronger than your stress, and it's okay to take things one step at a time.

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PAGE 10 – My Stress Management Action Plan

Congratulations on completing this workbook.

Stress is a part of life, but it doesn't have to control your wellbeing.

By recognising your stress, looking after yourself and using healthy coping strategies, you can build resilience and feel more in control.

Use this page to create your personal plan for managing stress.

♥ Three Things I Will Focus On

1.

2.

3.

When I Feel Stressed, I Will...

- ☐ Pause and take slow, deep breaths.
- ☐ Focus on one task at a time.
- ☐ Take a short break.
- ☐ Go for a walk or move my body.
- ☐ Talk to someone I trust.
- ☐ Be kind to myself.
- ☐ Focus on what I can control.
- ☐ Remember that stressful moments will pass.

My Personal Reminder

When life feels overwhelming, I want to remember...

My Stress Management Promise

"I will look after my wellbeing, recognise when I need to slow down, and use healthy ways to manage stress. I will remember that I don't have to face everything alone, and that taking one small step at a time is enough."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Managing stress isn't about removing every challenge from your life.

It's about developing healthy habits, asking for support when you need it and giving yourself permission to rest.

Be patient with yourself, celebrate your progress and remember that every small positive step makes a difference.

Thank you for using this workbook.

Explore more free workbooks, tools and wellbeing resources at:

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 Supporting your mental health and wellbeing, one calm step at a time.