

Quietosophy



28 DAYS
TO

*Lower
Stress*



28 DAYS *Lower* TO *Stress*

What will you learn?

This workbook is an introduction to a stress management practice where you will be reflecting on your stress levels daily over four weeks.

You will become more aware of when you are more, or less, stressed and start to identify if there is a pattern. For example, maybe you feel you have been talked over and nobody is listening to you (again!) or you are struggling for time alone to recharge. Whatever it is, note it down in your workbook. This will help build your awareness and understanding of what causes you stress and what you need to manage it.

You will also identify what helps. In addition to recording what has caused you stress or overwhelm, notice actions and techniques you used to help, either by chance or by design. Some will work better than others. Again, this will build your awareness and understanding of your experience of stress.

After four weeks you will feel more able to predict items that may trigger you as well as having a handy list of simple items that help you manage those feelings of stress and overwhelm that you can fit into your daily routine.

All you need to do:

- Print off the workbook
- Record your stress levels daily for four weeks
- Note what caused your stress or triggered your stress response
- Identify triggering event and record what you did (if anything) or how you reacted
- Reflect on what helps and what doesn't

This process is a first step of self-awareness that will help you learn to manage stress and overwhelm better.

A BIT ABOUT *Stress*

What is stress?

It can be hard to pin down exactly what stress means, and in fact there is no medical definition for it. However, I'm sure you know what it feels like.

Stress doesn't have to be a bad thing. It is a part of life and can help you take action and feel more energised. In fact, there are times that your stress response might literally save your life by the way you react in a dangerous or life-threatening situation.

However, stress becomes dangerous when your stress levels stay heightened and don't return to a base level of calm.

This can lead to chronic stress where your cortisol and adrenaline levels stay raised and your body is constantly on high alert, ready to fly, fight or freeze.

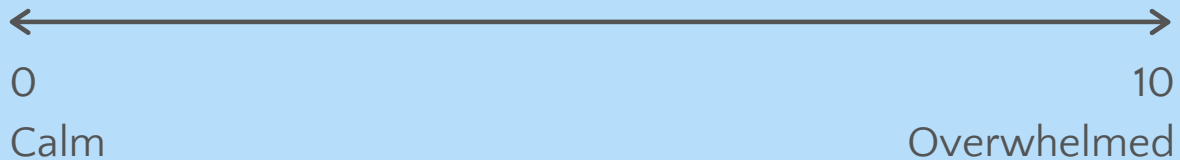
Some of the ways stress can affect you physically and emotionally:

- You may have problems sleeping
- You may be physically tense
- You might feel overwhelmed
- You may be afraid of what's happening day to day or have a sense of dread of the future
- You may find it hard to switch off
- You may become impatient or irritable
- You might find it hard to concentrate or to make decisions

Benefits of having a proactive stress management practice:

- More motivation, energy, creativity and productivity
- Less stress – at home and at work
- Better sleep
- Greater clarity and focus
- Improved decision making
- Better coping strategies
- Higher self-esteem and self-confidence
- Lower anxiety levels

THE STRESS *Scale*



What is it and how does it work?

The stress scale runs from 0 calm to 10 overwhelmed. I'd like you to check in with your stress levels every day for the next four weeks.

Ideally you will pause to reflect how you are feeling morning, afternoon and evening; but as long as you record your stress levels once a day you will be able to track if your stress levels vary from day to day, whether they are consistently high, or are creeping ever upwards.

In addition to recording your stress levels, I'd like you to think about what events or thoughts triggered your stress response and what you did to cope.

Over the course of four weeks you will build a clear picture of your relationship with stress and identify tools and strategies that can help you manage those feeling of stress and overwhelm more effectively.

Are you ready to get started?

HOW TO *Relax*

- Get outside
- Read a book
- Have a cup of tea
- Take a bath
- Do some exercise
- Listen to music or a podcast
- Talk to someone
- Sing along to your favourite song
- Take some deep breaths
- Watch TV
- Get an early night
- Cook a delicious meal
- Arrange something to look forward to
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STRESS LEVEL *Tracker*

WEEK ONE

Date: _____

| | STRESS 0-10 | | | CAUSE OF STRESS |
|-----------|-------------|----|-----|--|
| | am | pm | eve | |
| Example | 3 | 6 | 4 | Alarm didn't go off/ Meeting overran/ Argued with partner |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

FINDING

What helps

WEEK ONE

Date: _____

| STRESSFUL EVENT | HOW I REACTED | This helps Yes/ No | |
|-----------------|---------------|-----------------------|--|
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STRESS LEVEL *Tracker*

WEEK TWO

Date: _____

| | STRESS 0-10 | | | CAUSE OF STRESS |
|-----------|-------------|----|-----|-----------------|
| | am | pm | eve | |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

FINDING

What helps

WEEK TWO

Date: _____

| STRESSFUL EVENT | HOW I REACTED | This helps Yes/ No | |
|-----------------|---------------|-----------------------|--|
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STRESS LEVEL *Tracker*

WEEK THREE

Date: _____

| | STRESS 0-10 | | | CAUSE OF STRESS |
|-----------|-------------|----|-----|-----------------|
| | am | pm | eve | |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

FINDING

What helps

WEEK THREE

Date: _____

| STRESSFUL EVENT | HOW I REACTED | This helps Yes/ No | |
|-----------------|---------------|-----------------------|--|
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STRESS LEVEL *Tracker*

WEEK FOUR

Date: _____

| | STRESS 0-10 | | | CAUSE OF STRESS |
|-----------|-------------|----|-----|-----------------|
| | am | pm | eve | |
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |

FINDING

What helps

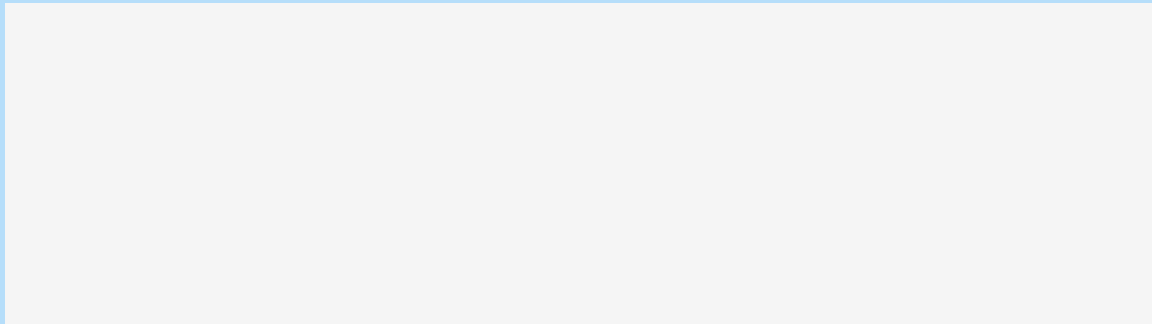
WEEK FOUR

Date: _____

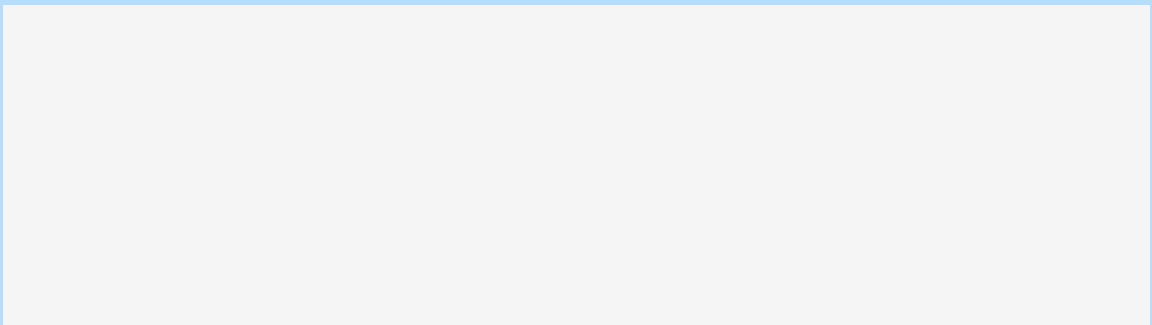
| STRESSFUL EVENT | HOW I REACTED | This helps Yes/ No | |
|-----------------|---------------|-----------------------|--|
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REFLECTIONS & *Intentions*

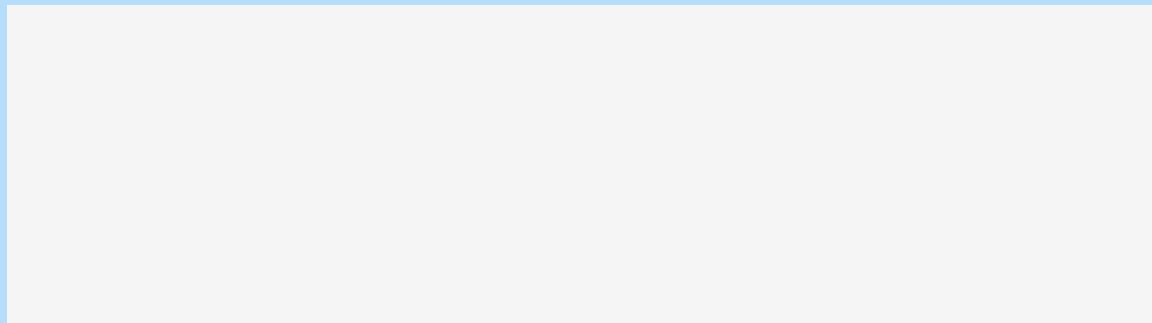
What have you learnt about what causes you stress? Any surprises?



What will you incorporate into your routine to help deal with stressful times?



What will help you stay on track?



Notes



I hope you've enjoyed the past few weeks and have learnt useful information about your relationship with stress and how you can cope better.

I'd love to hear how you've got on, so please let me know at hello@quietosophy.com.

And if you'd like further information about my coaching and courses it can be found at www.quietosophy.com.

Thank you!
Sophie