

Stress Management Workbook

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



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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