THE ONE MONTH

Stress Relief

CHALLENGE

30 DAYS OF STRESS RELIEF

healthoutfit

In collaboration with MindfulnessBox.com

Life is Stressful

We all experience stress from time to time, it's natural. It's how our bodies react to situations or events that are challenging, make us feel anxious, tense or pressured. It can make us lose sleep, weaken our immune systems and, at its worst, we can feel burned out by life.

Not all stress is bad

Research tells us that there are two kinds of stress: eustress and distress.

Eustress is 'good' stress. It's what helps us stretch ourselves mentally, physically and sprititually to achieve our goals. It keeps us motivated and energized about a new project, preparing for a big event, or facing a challenge that stretches our abilities. Eustress can improve our performance and make us feel more alive.

Distress is the opposite and it's what most people mean when they talk about feeling 'stressed'. It can be caused by too much pressure, a lack of control, or ongoing challenges that just don't stop.

Distress is the negative kind of stress, the immune-challenging kind, the anxiety-inducing kind, the sleepless nights kind. It's what pushes our brains into overwhelm. It can also strain our relationships and make us feel like life is a really hard road.

That's why it's important to manage stress, to learn to identify the things that cause distress and manage them the best way we can. This planner and journal can help you develop skills like self-awareness, coping stategies, and self care - and put them into practice.

Getting the most out of this resource

1. Make time to complete the next few pages, to help get yourself into the right frame of mind.
2. Think about how you can add self-care into your life as you progress through this journal
3. Plan time in your day to explore your stressors with the prompted journal pages.
4. Write the affirmation onto a card or notepage each day, and read it throughout the day to remind you that you do have coping strategies.
5. Use the reflections on the planner pages to do daily checkins.

Complete the reflections pages at the end to better understand what you've learned about stress in your life.

Why now?

This process is challenging work. Why are you choosing to do it now?

What do you want to achieve?

Self care for the journey

1. Prioritize rest and sleep.

List 3 things you can do to make sure you get enough good quality sleep and rest.

2. Connect with supportive people.

List 3 people who can provide emotional support and a safe space to talk about your experiences.

3. Practice mindfulness.

This could include practices like meditation, deep breathing exercises, or yoga. List 3 things that you enjoy doing or could explore while you're doing this work.

4. Engage in self-compassion.

Be gentle and kind with yourself as you navigate difficult emotions and experiences. List 3 things you can say to yourself when you need it most.

5. Do things that bring you joy.

Whether it's reading, listening to music, or spending time outdoors, list 3 things that can help you feel more connected to your inner self and bring some positivity and pleasure into your day-to-day life.

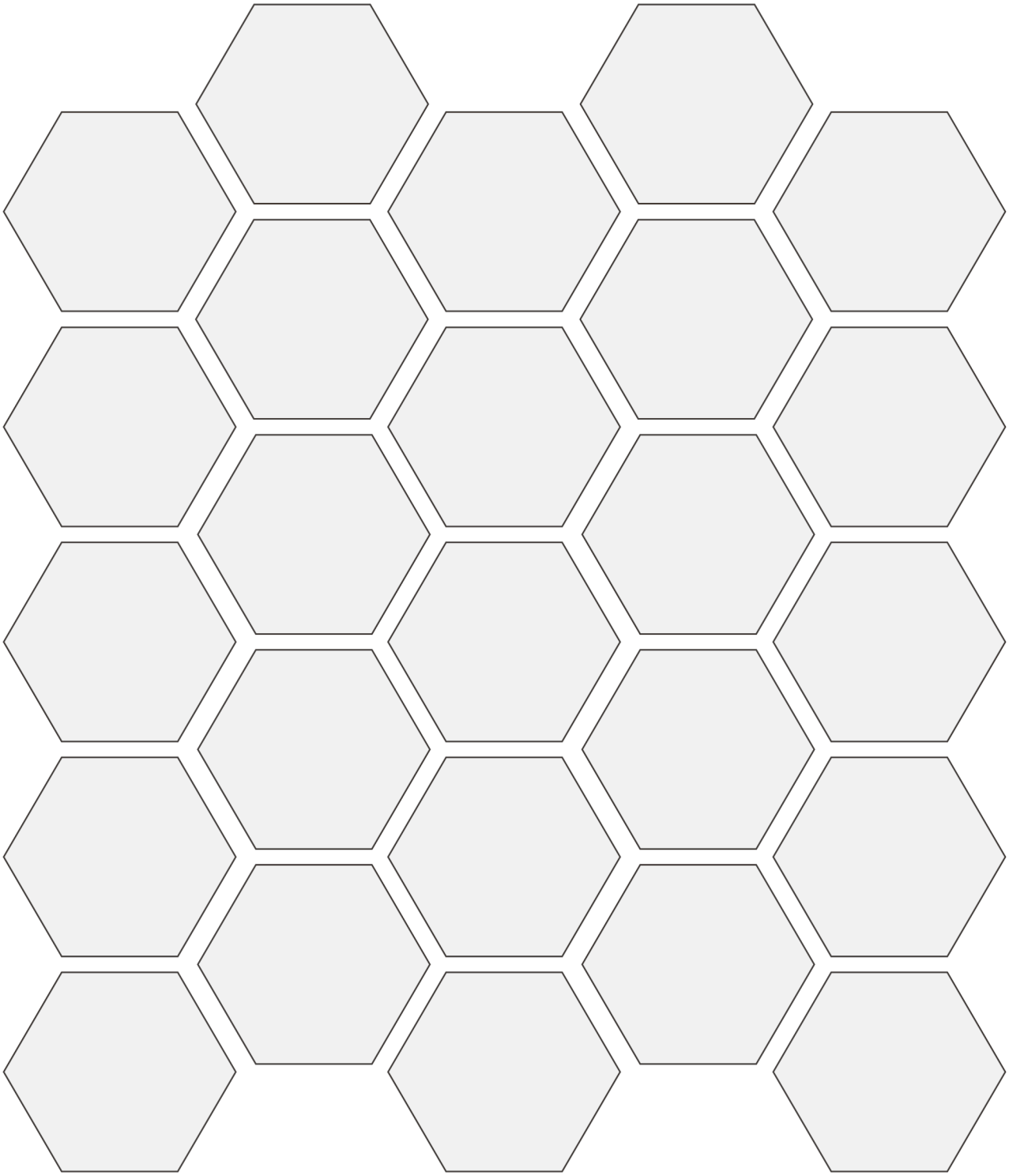
What stresses you out?

We all have situations, people and experiences that make us feel stressed. Think about some of the things that have made you feel stressed recently and in the past. Note below how you've responded to them, and consider how you could manage in future.

What stresses you out?	How can you avoid it? If not avoid then how can you manage your responses in the moment?

What relaxes you?

Think about the things you do or have done in the past that make you feel relaxed, like you can think clearly, like you're ready to face the world again. List them here so you can explore similar or related activities to help you relax when you most need it.



Journal prompts

Think about a recent stressful situation. What was the primary cause of your stress?

I am capable of understanding and addressing the root causes of my stress.

List three factors in your life that contribute to your stress. How can you reduce their impact?

I have the power to make positive changes in my life to alleviate stress.

Reflect on a time when you successfully managed stress. What strategies did you use?

I can learn from my past experiences and apply effective stress management techniques.

What physical signs do you notice when you're feeling stressed?

I am in tune with my body and can recognize when stress is affecting me.

How does stress impact your relationships with others?
What can you do to mitigate these effects?

I am committed to maintaining healthy relationships and addressing the impact of stress on them.

Write about a personal accomplishment that brought you joy and reduced stress.

I can find joy in my achievements, which helps me overcome stress.

Identify three activities that bring you relaxation and joy. How can you incorporate them into your routine?

I prioritize self-care and make time for activities that bring me happiness and relaxation.

How do you typically respond to stress? Are there alternative ways you could react?

I am open to exploring new ways of coping with stress and improving my reactions.

Consider your support network. Who can you turn to when you're feeling stressed?

I am grateful for the support of friends and family who help me through stressful times.

How do your thoughts and self-talk contribute to your stress? How can you reframe these thoughts more positively?

I am in control of my thoughts and choose to focus on positivity and self-compassion.

What role does setting boundaries play in managing stress? Are there areas in your life where you can set healthier boundaries?

I have the right to establish boundaries to protect my well-being and reduce stress.

How does your sleep quality affect your stress levels?
What changes can you make to improve your sleep?

I prioritize restful sleep to help me manage stress and maintain my overall health.

What are some healthy coping mechanisms you can use to deal with stress?

I am capable of finding and using healthy coping strategies to manage my stress.

How does physical activity influence your stress levels? How can you incorporate more movement into your daily routine?

I choose to engage in physical activity as a way to relieve stress and boost my well-being.

Reflect on your values and priorities. Are there any misalignments between them and your current lifestyle that contribute to stress?

I strive to align my actions with my values, which helps me reduce stress and find balance.

How do you currently practice self-care? Are there additional self-care practices you'd like to incorporate into your routine?

I am deserving of self-care and take time to nurture myself.

What role does organization and planning play in managing stress? Are there areas in your life where you can be more organized?

I am committed to creating order in my life to reduce stress and enhance my well-being.

How do you balance work and personal life? Are there any adjustments you can make to create a better balance and reduce stress?

I am dedicated to finding a healthy work-life balance, allowing me to manage stress more effectively.

What role does communication play in managing stress? Are there any situations where improving communication could reduce your stress?

I am committed to open and effective communication, which helps me navigate stressful situations with ease.

How do your expectations of yourself contribute to your stress levels? Are there any expectations you can adjust to be more realistic or kinder to yourself?

I set healthy, realistic expectations for myself and embrace self-compassion.

What are some time management strategies you can use to help reduce stress in your daily life?

I am capable of managing my time effectively, which contributes to reduced stress.

Reflect on a situation where you felt stressed but later realized it wasn't as significant as you initially thought. What can you learn from this experience?

I can gain perspective on stressful situations and recognize that not every stressor is significant in the long term.

How does your diet and nutrition impact your stress levels? Are there any changes you can make to support a healthier lifestyle and reduced stress?

I choose to nourish my body with healthy foods, which supports my stress management and overall well-being.

What are some relaxation techniques that you can use to help reduce stress in your life?

I am open to exploring and practicing relaxation techniques that help me manage stress effectively.

How do you handle stress in social situations? Are there any strategies you can use to reduce stress in these settings?

I am confident in my ability to navigate social situations with ease and manage stress effectively.

Reflect on a situation where you felt overwhelmed by stress. What could you have done differently to manage it more effectively?

I can learn from past experiences and develop better strategies for managing stress in the future.

How do you express your emotions when feeling stressed? Are there any healthy ways you can improve your emotional expression?

I am capable of expressing my emotions in healthy and constructive ways, which helps me manage stress.

What are some ways you can practice mindfulness to help reduce stress in your life?

I am committed to incorporating mindfulness practices into my daily routine, enhancing my ability to manage stress.

How do you handle stress in the workplace? Are there any strategies or resources you can utilize to manage stress more effectively in a professional setting?

I am capable of handling workplace stress and can access resources and strategies to support my well-being.

Reflect on your current stress management toolkit. Are there any new techniques or strategies you'd like to try?

I am open to learning and adopting new stress management techniques to improve my overall well-being.

Set a stress management goal for the upcoming month.
How will you work towards achieving it?

I am proactive in setting and working towards my stress management goals, empowering me to create a more balanced life.

Final Reflections and Moving Forward

Congratulations on reaching the end of this (part of your) journey! Understanding what creates stress in your life, and how to manage it, is an important step in self-discovery, personal growth, and healing.

As you close this journal, remember that personal growth is an ongoing process. It's important to continue practicing self-care and using the other tools you've explored over the past month. While you may have completed this journal, the insights and growth you've gained will continue to shape your life.

To support your continued stress mastery, consider the following :

Reflect on your progress – have you achieved what you wanted to?

Share your insights

Who might you share your insights with?

Continue practicing self-care

What activities and habits that helped you manage your stress will you prioritize? This could include meditation, exercise, spending time in nature, or engaging in creative pursuits.

Keep journaling

Continue to use journaling as a tool for self-discovery and exploration. You can start a new journal, focusing on different aspects of your life or exploring new themes as they arise. How will you make this part of your life from now on?

Personal growth is unique for everyone, and it's perfectly normal for your journey to ebb and flow.

The important thing is to remain patient, gentle, and compassionate with yourself as you continue to evolve.

Thank you for allowing the Stress Management Journal and Planner to be a part of your healing process. We wish you all the best as you continue on this journey of self-discovery, growth, and transformation.

Planners

Daily Schedule

Day _____ Date _____

SCHEDULE

5AM

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM

11PM

Priorities	

To do	

Notes

Daily Planner

Day _____ Date _____

Goals for today	Today's self-care

Personal tasks	Work tasks

Meals today				Appointments

Water

Stress level

What stressed me out today?

How did I cope with the stress?

How can I prepare for similar events?

Weekly Planner

Week: Month:

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday
Sunday	Notes	

PRIORITIES

SELF-CARE FOR THE WEEK

Monthly Planner

Month:

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES

IMPORTANT DATES

Notes