

Stress Buster

WORKSHEET

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FEEL GOOD ACTIVITY LIST

- Move your body
- Visit a friend
- Act of kindness
- Get into nature
- Off screens
- Eat healthy
- Meditate
- Listen to music
- Dance

WHAT IS STRESSING YOU OUT?

WHAT CAN YOU CHANGE?

Take note with this exercise to think about what is 'actually' stressing you out and not a 'what if' situation happens that is making you feel stressed.

BRAIN DUMP:

Take all the things on your mind, all the things to do, all the tabs open and dump it here. Putting it on paper and out of your mind can help switch off.

3 MUST DO'S TODAY

If you could only do 3 things today. What would they be?
As long as these 3 are done consider yourself winning today.

GRATEFUL FOR?

When we are feeling grateful our body releases those happy hormones.
