

# MY WORKBOOK



Stress affects everyone now and then, but when it persists it can trigger the onset of depression.

The best way to manage stress is to stay calm, stay focused and **take action.**

I can  
AND  
I will

## Step 1.

Write down some things that are currently causing you stress:



List the factors that build up to your stress

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List the things you do to **manage** stress

**Step 1** - Recognise when stress is getting the better of you and then you can do something about it.

**Recognise the thoughts:**

**'I don't want to do it,' 'I couldn't be bothered' 'It's not worth the time/effort/energy,' 'I'll do it later,' 'I don't have the strength to do this right now.'**

**Recognise the feelings:**

**Feeling unmotivated, tired, bored, depressed, unfulfilled or drained.**

**Recognise the physical symptoms:**

**Tiredness, slowing down, heaviness in your body or mind.**

**Recognise the behaviours:**

**Having difficulty completing tasks, avoiding things, making excuses, having difficulty getting out of bed, slowing down.**

**See if you can mindfully acknowledge what barriers come up**

## Step 3 - Love and Respect Yourself



Aim to focus on your positive qualities and free yourself from negative thinking.

Complete the following statements:

I have personal strengths that will help me reach my goal.

These strengths include:

Write down how you can **build** your strengths?



**Step 4** -Take a few moments now to reflect on **YOUR** reasons for change.

How can I become more organised in order to accomplish my goals and objectives?

What plans can I make to ensure that my goals and objectives are met?



## **Step 5 - Identify and challenge unhelpful thoughts that are getting in your way**

**Think of a recent time when you were experiencing negative or unhelpful thoughts.**

**What was the situation?**

**How did you feel?**

**What did you do?**



Depression, low self-esteem, and anxiety are often the result of irrational negative thoughts. **Challenging irrational thoughts can help us change them.**

**Answer the following questions to assess your recent thought:**

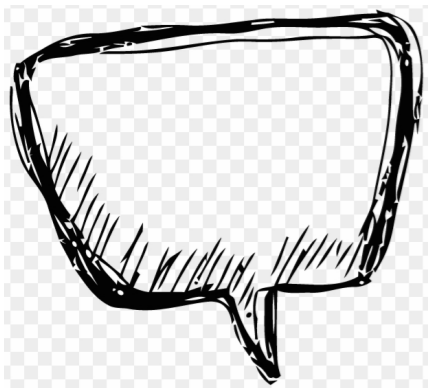
**Is there substantial evidence for my thought?**

**Am I attempting to interpret this situation without all the evidence?**

**What would a friend think about this situation?**

**If I look at the situation positively, how is it different?**

**Will this matter a year from now?**



## THE THREE C'S

### Catch it.

**Recognise when you are having negative or unhelpful thoughts.**

**Stop it! When you find yourself thinking negatively say STOP to yourself (silently) This will stop the downward spiral of thoughts leading to sadness, guilt, anxiety, etc.**

### Challenge it.

**Challenge what you are saying to yourself. Stop and think about what you're thinking. Is it really true? Do you have evidence to back it up?**

### Change it.

**If your automatic thoughts tend to be depressive or anxious, you need to change the negative messages you are saying to yourself to more positive ones, in order to bring about more pleasant emotions.**



Don't  
forget  
to smile