



wellness

Stress-Management  
& Wellbeing  
Workshop

Week One Worksheet Two

To reduce stress in my life, over the next 5 weeks I plan to:  
(Get specific i.e. when, how long, with who, where etc)

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Ideas:**

- Meditation
- Yoga
- Tai Chi
- Deep breathing/  
relaxation
- Post it notes/reminders
- Mindful walking
- Mindful showering
- Mindful eating
- Take a bath
- Walk in the park/ bush
- Exercise
- Talk to a friend



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For each of these a) what could get in the way b) how can you  
you overcome these c) what will help?

1. a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

2. a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3. a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

4. a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_