

A person is shown from the chest up, holding a long, thin branch or stick diagonally across the frame. The person's face is partially visible, looking towards the right. The background is a warm, golden-brown sunset or sunrise sky with some foliage visible in the lower right corner. The overall mood is peaceful and contemplative.

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Workbook

[UNSTRESSABLE.CA](https://unstressable.ca)

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WEEK 1 QUESTIONS

Question 1

If you had one wish for how your life will be at the end of this course, what are the changes that you envision?

Question 2

Write down why you are taking this stress management course and what you expect to get from it.

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WEEK 1 QUESTIONS

Question 1

How do you typically respond to stressors in your life? Do you fight, flee, freeze, or fawn?

Question 2

What's one thing in your life that is stressing you that you could practice an approach solution with?

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WEEK 2 QUESTIONS

Growth Mindset

Question 1

Write about an experience you have had that was particularly stressful. Think of something that you struggled with but not something you experienced as traumatic.

Question 2

What did you learn from this experience?

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WEEK 2 QUESTIONS

Growth Mindset

Question 3

How could you have handled it differently and more growth oriented?

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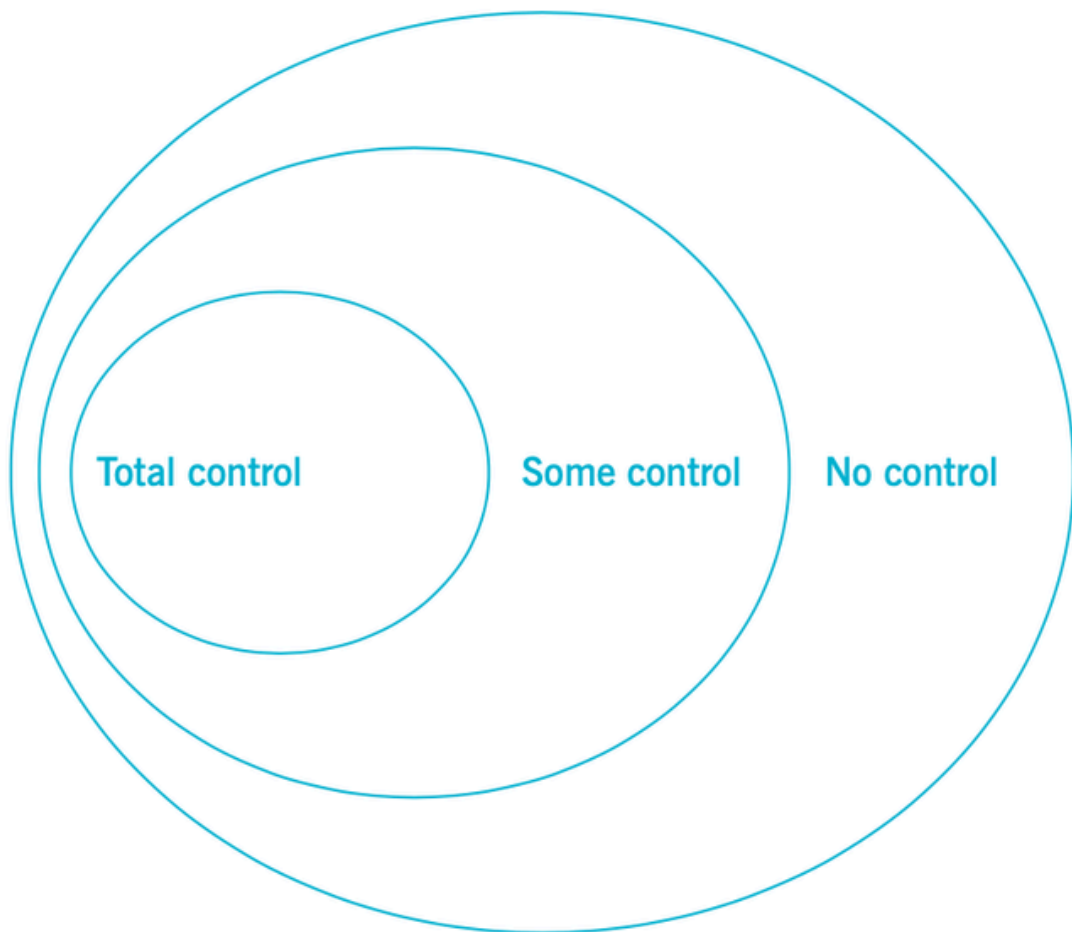
WEEK 2 QUESTIONS

Sphere of Control

Question 1

Use the Sphere of Control diagram below to fill in the following exercise.

- What in your life do you have total control over?
- What do you have some control over?
- What do you have no control over?



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WEEK 2 QUESTIONS

Sphere of Control

Question 2

What's something outside of your control that you can practice letting go of?

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WEEK 3 QUESTIONS

6 Steps to Change

Question 1

Assess & Gather Data

Where are you right now? Come back to this question after you've completed the Deep Health Assessment.

Question 2

Where do you want to go? What's the UNSTRESSABLE destination you're looking for?

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WEEK 3 QUESTIONS

6 Step Change Process

Question 3

Looking at your answer to Question 2, why do you want what you want?

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WEEK 3 QUESTIONS

6 Step Change Process

Question 4

- Who are you as a person?
- What's the story behind the baseline from Question 1?

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WEEK 3 QUESTIONS

6 Step Change Process

Question 5

Choose and Test a Next Action. Write down your commitment statement.
"I commit to doing [action] at [frequency]"

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WEEK 3 QUESTIONS

6 Step Change Process

Question 6

Choose and Test a Next Action. Write down your commitment statement.
"I commit to doing [action] at [frequency]"

Question 7

Choose and Test a Next Action. Write down your commitment statement.
"I commit to doing [action] at [frequency]"

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WEEK 3 QUESTIONS

6 Step Change Process

Question 8

Choose and Test a Next Action. Write down your commitment statement.
"I commit to doing [action] at [frequency]"

Question 9

Choose and Test a Next Action. Write down your commitment statement.
"I commit to doing [action] at [frequency]"

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WEEK 3 QUESTIONS

6 Step Change Process

Question 10

Observe and Monitor Progress. Write down your cadence of accountability. How often will you review your progress?

Question 11

What does progress in my stress management look like?

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WEEK 3 QUESTIONS

6 Steps of Change

Question 12

How will I know I'm more confident and capable in these areas?

Question 13

How will I know I'm more skilled?

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WEEK 3 QUESTIONS

Deep Health Questionnaire

Download the Deep Health Questionnaire and Stress Web and look at what is causing the most stress to you. Write down which area you are going to start applying the 6 Step Change Process to.

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WEEK 4 QUESTIONS

4 Pillars of Recovery

Behaviour Awareness

This week, practice notice and naming with a 5-minute body scan each day. You can download the audio file from this week's lesson to guide you through a body scan.

Try to identify a stress-response behaviour you have. What patterns did you notice with the behaviour awareness worksheet.

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WEEK 5 QUESTIONS

Stress Sweet Spot

These workbook questions will help you to raise awareness of your stress sweet spot, so that you'll have a better sense of when you need to prioritize recovery.

Pick one external measurement device and stick to it for a week. Write down what you learn about any of your indicators of stress.

What Life Experience Factors affect your stress sweet spot? (e.g. age, past experience with stressful situations, current physical health)

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WEEK 5 QUESTIONS

Stress Sweet Spot

What personality type indicators suggest how you may handle stress. For example, are you a people pleaser or a sensation seeker?

How do you typically handle challenges and setbacks? Do you find them invigorating or anxiety-provoking? This will hint at your baseline stress resilience.

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WEEK 5 QUESTIONS

Stress Sweet Spot

What cumulative stressors are you currently facing? List out as many items as you can think of that are stressors to give you an idea of your allostatic load of stress.

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WEEK 6 QUESTIONS

Pushing Your Limits

Choose 1-2 Resilience Builder challenges and try it out this week. Record your experience with it here.

Resilience Builder #1 _____

Resilience Builder #2 _____

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WEEK 6 QUESTIONS

Pushing Your Limits

Reflect on these past 6 weeks. What changes have you seen? What are you continuing to apply the 6 Step Change Process to?

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WEEK 6 QUESTIONS

Pushing Your Limits

Where will you be 1 year from now on your Unstressable journey for wellness?