

5 EASY TRICKS TO STAY CALM IN A STRESSFUL SITUATION

Self-Help Workbook



ME
A MORE POSITIVE

**Tips For
Today**

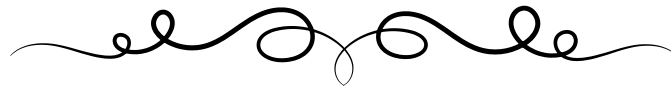
Workbook

Hi!

Today's world is full of challenges, and many of us struggle to work our way through them.

Here at A More Positive Me, we are dedicated to helping you build a more positive and resilient mindset and help you improve your mental health. In today's fast-paced and often stressful world, it is essential to prioritise your mental well-being. By cultivating a positive mindset, you can improve your overall mental health and create a life filled with happiness, success, and fulfilment.

A More Positive Me



Contents

Introduction

01. Detach Yourself

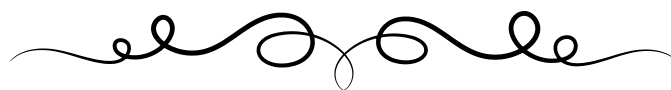
02. Breathe

03. Ask Yourself the Best Scenario

04. Accept Failure

05. Pick a Decision and Act on It

Reflection and Progress Tracking





INTRODUCTION

UNDERSTANDING STRESS AND CALMNESS

Understanding stress and calmness is essential for maintaining a balanced and healthy life. Stress is a natural response to perceived threats or challenges, triggering the body's fight-or-flight mechanism and releasing hormones like adrenaline and cortisol. While this response can be beneficial in short bursts, chronic stress can lead to a host of physical and mental health issues, including anxiety, depression, and cardiovascular problems. On the other hand, calmness is a state of relaxation and tranquillity where the body and mind are free from stressors.

Achieving calmness involves activating the parasympathetic nervous system, which helps counteract the stress response and promotes relaxation.

Techniques such as deep breathing, meditation, and mindfulness are effective in fostering calmness. Balancing stress and calmness is crucial for optimal health and well-being. While some stress can be motivating and drive individuals to face challenges, excessive stress without periods of calm can lead to burnout and other health issues. Conversely, an absence of stress might result in a lack of motivation and engagement.

By understanding and managing stress while cultivating calmness, individuals can improve their resilience, emotional well-being, and overall quality of life.

Goal

To learn and practise five techniques to stay calm during stressful situations.



01. DETACH YOURSELF

EXPLANATION

To remain calm, try to remove your personal stake in the situation. Ask yourself what a person should do, rather than what you should do. This helps you judge the situation objectively.

EXERCISES

1) Identify a Stressful Situation:

Think of a recent stressful situation you encountered. Write it down.

Example: "I was overwhelmed by a tight deadline at work."

2) Practise Detachment:

In the situation above, instead of asking, "What should I do?", ask, "What should a person do?" When you have collected your thoughts, do the following:

- Describe the situation objectively.
- List potential actions a person could take.



02. BREATHE

EXPLANATION

Breathing deeply and slowly activates the parasympathetic nervous system, counteracting stress responses in your body.

EXERCISES

1) Practise Deep Breathing:

Set aside 5 minutes daily to practice deep breathing using the steps below:

- Inhale deeply for 4 seconds.
- Hold your breath for 7 seconds.
- Exhale slowly for 8 seconds.

Reflection

- How do you feel before and after the exercise?
- Note any changes in your stress levels.



03. ASK YOURSELF THE BEST SCENARIO

EXPLANATION

Having a clear goal in a high-stress situation can help you stay focused and calm. Ask yourself what the best possible outcome is and plan steps to achieve it.

EXERCISES

1) Identify Your Goal:

Think of a stressful situation and identify the best outcome. Write it down.

Example: *"I need to finish my project on time."*

2) Plan Your Steps:

List the steps to achieve your goal:

- What is the best outcome in this situation?
- What steps can you take to achieve this outcome?



04. ACCEPT FAILURE

EXPLANATION

Accepting the possibility of failure can help reduce anxiety and indecision. Be okay with the possibility of making mistakes or being criticised.

EXERCISES

1) Reflect on Failure:

Think of a time you were afraid of failing. Write it down.

Example: "I was afraid my presentation would be poorly received."

2) Acceptance Practise:

List the steps to achieve your goal:

- Write down the worst-case scenario.
- Write down why it's okay to fail and what you can learn from it.



05. PICK A DECISION AND ACT ON IT

EXPLANATION

Indecision often stems from anxiety about potential negative outcomes. To combat this, make a decision and act on it without overthinking.

EXERCISES

1) Decision-Making Practise:

Think of a decision you've been hesitant to make. Write it down.

Example: *"Should I ask for help on my project?"*

2) Action Plan:

List the steps to achieve your goal:

- Decide on one action you can take.
- Take that action within the next 24 hours.



REFLECTION

WEEKLY REFLECTION:

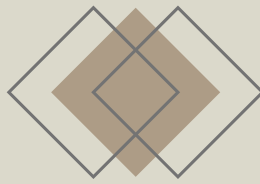
At the end of each week, reflect on your progress.

1) Successes:

- What techniques did you use successfully this week?
- How did they help you stay calm?

2) Challenges:

- What situations were difficult for you?
- What could you do differently next time?



PROGRESS TRACKING

MONTHLY PROGRESS CHECK:

At the end of each month, reflect on your progress. By consistently practising these techniques and reflecting on your progress, you can develop the ability to stay calm in even the most stressful situations.

1) Overall Improvement:

- How have your stress levels changed over the past month?
- Which techniques have been most effective for you?

2) Areas for Growth:

- Identify any areas where you still struggle.
- Plan how to address these challenges using the techniques you've learned.

THANK YOU

We hope you have found this workbook useful as you strive to feel better about yourself. We know that for many, it seems like a never-ending struggle. But be assured: You are not alone; help is out there.

Be strong, and don't be silent. There's no need to bottle up your feelings.

For more help on your personal development journey, be sure to check out our website, where you'll find lots more information and links to follow us on your favourite social media channel.

