

PRINTABLE WORKBOOK

Stress Less Workbook

Stress is not a character flaw. It is a load. This workbook helps you name the load and build recovery into ordinary days.

Journaling prompts

- What is heaviest for me right now, and what part of it is actually mine to carry?
- Where did I feel most like myself this week?
- What am I saying yes to that I would like to say no to?
- What does rest look like for me — not for anyone else?
- What would I tell a friend in my exact situation?

Daily reflection

Today I noticed	Energy 1-5	One win	One release

Self-care checklist

- I drank water throughout the day.
- I moved my body in a way I enjoyed.
- I protected my wind-down.
- I said no to one thing that was not mine.

- I connected with one person who steadies me.
- I gave myself credit for something.

Simple mindfulness ideas

- Three slow breaths before each transition.
- Sixty seconds of noticing five things you can see and hear.
- A short walk without headphones.
- One meal eaten without a screen.

My recovery plan for a hard week

This workbook is general wellness education, not psychotherapy or crisis care. If you are in crisis, call or text 988, or call 911 in an emergency.

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