

Stress Buster

WORKSHEET for busy mums

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FEEL GOOD ACTIVITY LIST

- Move your body
- Visit a friend
- Act of kindness
- Get into nature
- Off screens
- Eat healthy
- Meditate
- Listen to music
- Dance

WHAT IS STRESSING YOU OUT?

WHAT CAN YOU CHANGE?

Take note with this exercise to think about what is 'actually' stressing you out and not a 'what if' situation happens that is making you feel stressed.

BRAIN DUMP:

Take all the things on your mind, all the things to do, all the taps open and dump it here. Putting it on paper and out of your mind can help switch off.

3 MUST DO'S TODAY

If you could only do 3 things today. What would they be?
As long as these 3 are done consider yourself winning today.

GRATEFUL FOR?

When we are feeling grateful our body releases those happy hormones.

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MEET UP WITH OTHER MUMS

Hanging out with mums is good for your stress relief. Woman's friendship circles have always been important.

Green light exercise can help to reduce stress and give you good feelings.

Write a list here of people you would like to catch up with and exercises you would like to do.

Indulge in a bit of beauty:

What is a treatment you would like to get done? Write a list and take time once a month to fit one in. Could even be in a lunch break or when works for you. Even a simple 15 min appointment can reduce stress.

Escape in a book.

Write out 3 books you would like to read.

Book a night out.

Book in 2 nights out. Who would you like to go with?

'Believe you can and you are half way there'