

Authentic Stress Response

Pull out this worksheet anytime your stress, frustration or overwhelm are putting a damper on your life. These questions will help you:

1

Notice

Become more aware of when your body has a message for you.

2

Understand

Find the helpful message beneath your feelings (the 'molehill beneath the mountain')

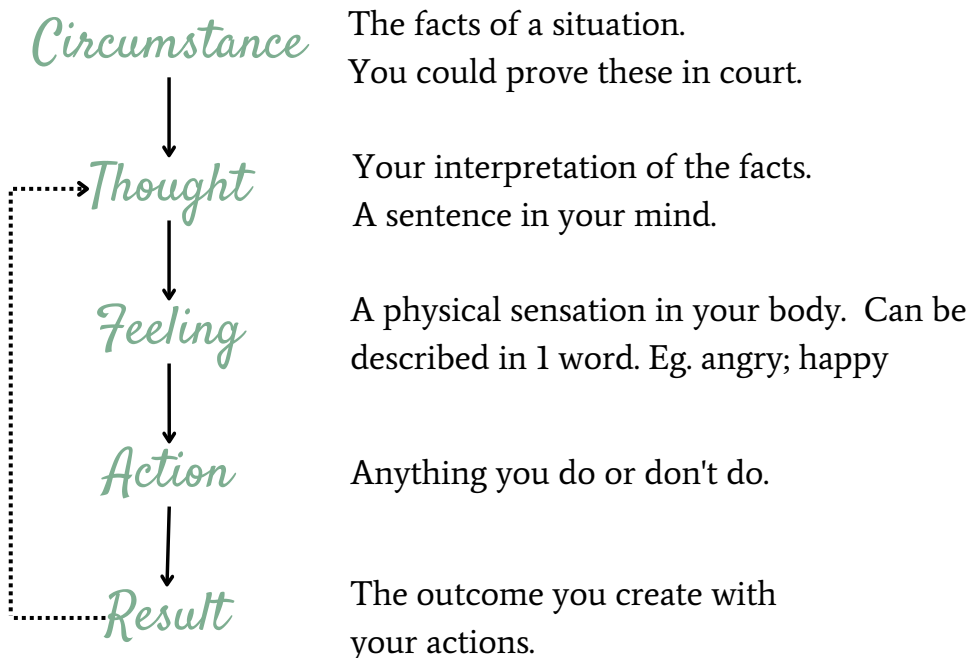
3

Respond Authentically

Figure out the result you want and how to get it.

The Model

Just a reminder: We will use this model to identify the helpful message in your feelings; the 'molehill' beneath the 'mountain.'



Additional Support

If you find this exercise useful - or at least intriguing - and want a bit of help applying it, there are two great options for you:

1. Register for a free Question & Answer call

This group setting will allow you to learn from other people's questions, too.

<https://childreach.eventbrite.ca/>



2. Book a free, virtual Coffee Chat with Chelsea

This 1-1 setting will give you time and privacy to explore your unique situation. If you have questions about deeper support through 1-1 life coaching, we can discuss that, too.

<https://calendly.com/chelsea-hw/am-coffee-chat>



Mental Health Safety

**Do not use this exercise to process traumatic experiences, such as violence or abuse.

Reliving trauma can cause rapid onset of intense emotion that will be difficult to regulate on your own. Trauma should only be processed with a registered social worker or psychotherapist. If you think you might need support to work through trauma, you can reach out to one of the resources below:

Family Services Thames Valley

<https://www.familyservicethamesvalley.com/counselling-services>

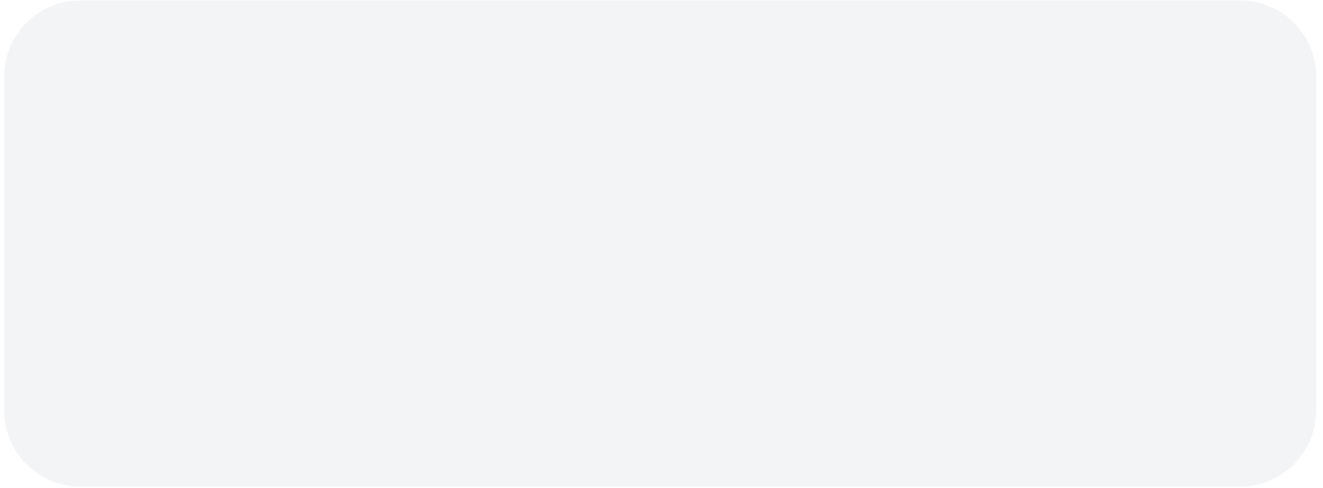
Daya Counselling

<https://dayacounselling.on.ca/>

**Both of these organizations offer geared-to-income rates.

Authentic Stress Response Worksheet

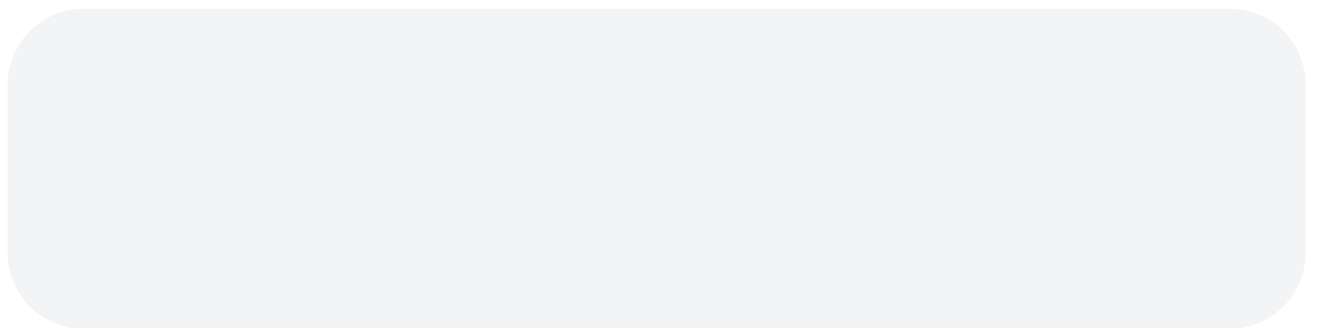
1. Describe a recent situation that upset you. Free write about this situation – What happened? Why was that hard? Don't judge or filter yourself at all.



Step 1: Notice

2. Close your eyes and really envision the situation above. Once you can feel the emotion of that situation coming back, describe the physical sensations in your body, such as:

- Where in your body?
- Big or small?
- Colour?
- Shape?
- Texture?
- Moving or stationary?
- Taste?



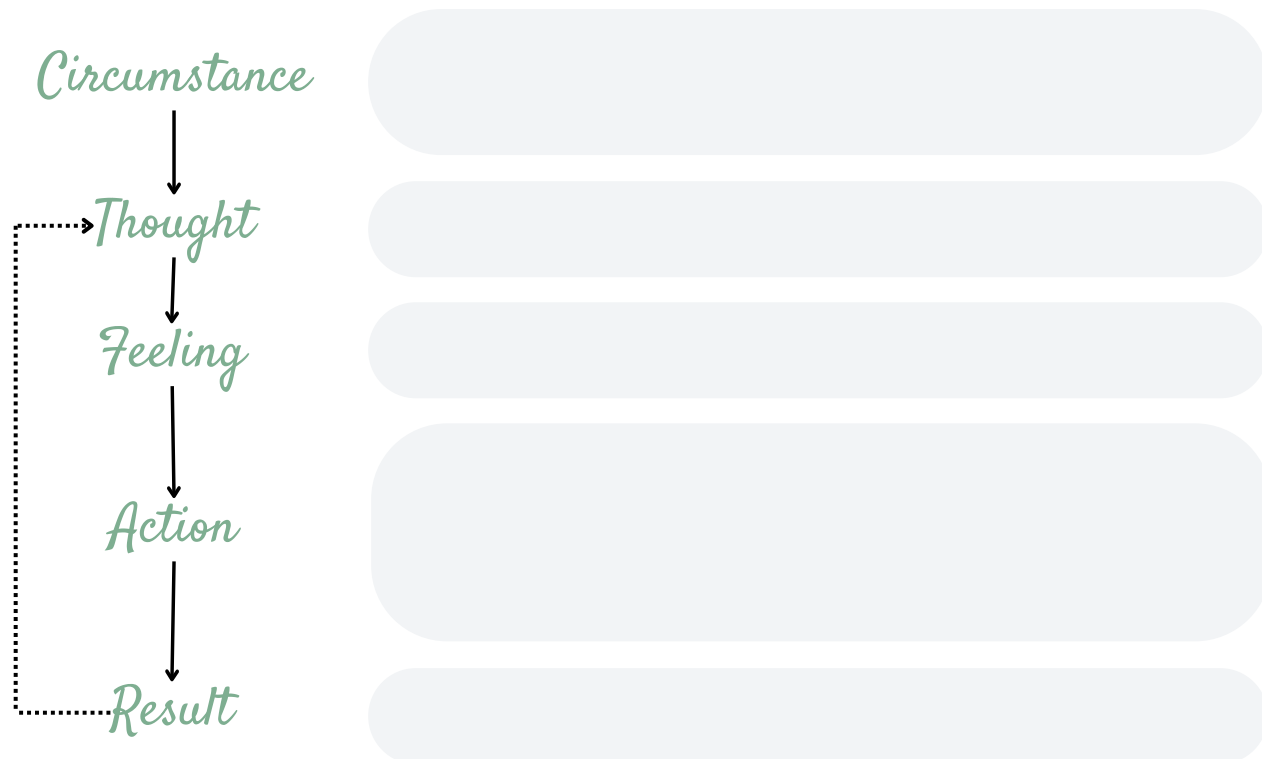
This physical sensation is your body's smoke detector at work. The more you pay attention to these sensations, the quicker you can respond when your body is trying to tell you something.

Step 2: Understand

2. Create a model to understand the 5-components of the situation.

Tips:

- Circumstance = facts only. No subjective language. (E.g. "My child did not pick up the toys when I asked." not "My child ignores me.")
- To pick a thought, look at question #1 and find a sentence that feels triggering to you.



3. How is this thought true? Not true?

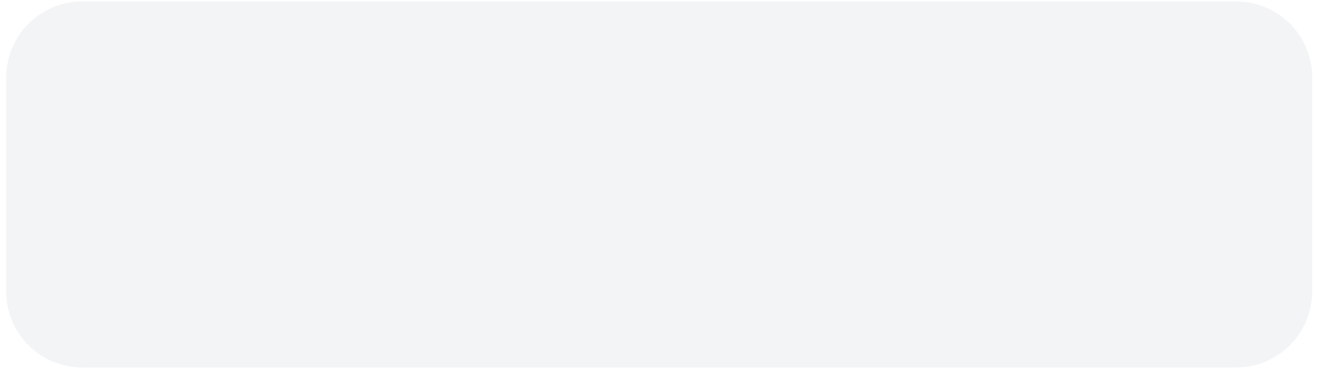
Large rounded rectangular box for writing the answer to question 3.

4. How is this thought serving you? Not serving you?

Large rounded rectangular box for writing the answer to question 4.

Step 3: Respond Authentically

5. What result do you want in this situation?



6. What action could you take to achieve that result? (Hint: Don't allow your brain to say, "I don't know." Take a best guess. What actions could you take that might get you the result you want?)

