



SWC Workbook

# Stress Better

Reflect, Learn, Act





# Welcome!



The SWC is excited to have you participating in the 10-Day Stress Better Challenge. This workbook gives a space to reflect throughout the challenge and capture what you notice and learn so that you can apply it all to your wellbeing both now and into the future!

This workbook is for you only. No pressure. Just encouragement to try it out and see if it's helpful!

Let's get started...



# DAY 1



## Reflect + Write...

*Think about the different ways you have experienced stress and/or anxiety in the past 24 hours. Make some notes here about how stress or anxiety has been either helpful or harmful. When have they promoted better focus or performance? When have they interfered with your ability to feel calm and confident?*

## Action Item for Today...

Any time you feel anxious for the rest of the day, simply take note of it. Maybe write it down, noticing when and where it happened, and whether it was pleasant, unpleasant, or neutral, . After reflecting, take a deep breath and let yourself move on..



# DAY 1



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*



# DAY 2



## Reflect + Write...

*Think about the areas in your life where you have identified stress and anxiety as harmful. How do your thoughts, beliefs, or the story you tell yourself about yourself either ease or exacerbate your anxiety and/or stress levels?*

## Action Item for Today...

Where would it be most helpful to reduce stress in your life? What is one small step you could take to make that happen? Can you commit to taking that step in the next 24-hours?



# DAY 2



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*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*



# DAY 3



## Reflect + Write...

*Take a moment to non-judgmentally consider where you're at with mindfulness after the first three days of practice. How's it going for you so far?*

## Action Item for Today...

Consider the story you're telling yourself about mindfulness? Is it kind? Is it true? What would be different in your approach or experience if you were able to simply stay curious and aware?



# DAY 3



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*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*





# DAY 4



## Reflect + Write...

*From this point forward in the challenge, we will be framing anxiety as a habit of thought. Habits have three parts, and today we're focusing on the first part: the trigger. This could be a thought, emotion, sensation, or situation that starts the habit. From this perspective, what are some of the triggers that can initiate stress or anxiety for you?*

## Action Item for Today...

*Let's learn how to better map our anxiety habit loops! Fill out the Habit Mapper worksheet on the next page to gain a better understanding of how your brain works! Feel free to use this for anxiety or any other habit you would like to explore.*



# The Habit Mapper

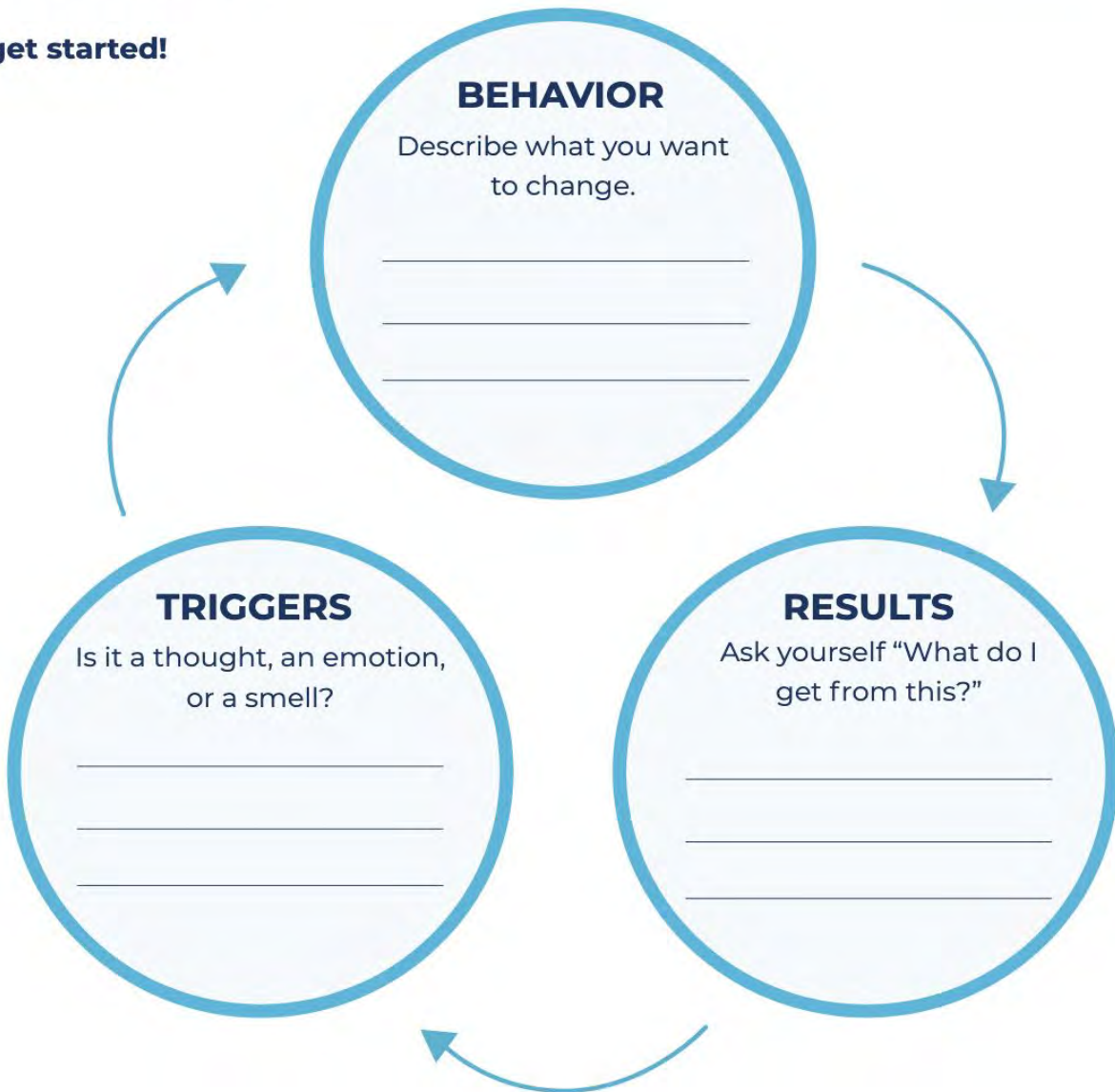
## from Dr. Jud

sharecare



By breaking down your habit into its three parts, you can begin to recognize how the habit starts, and how unrewarding and unhelpful it is for you. This is "new information" for your brain, and is the most important step in breaking bad habits.

**Let's get started!**



Learn more at  
[DrJud.com](http://DrJud.com)

*Print this out and post it someplace you can see it every day to give your brain the feedback it needs to kick your habit for good.*



# DAY 4



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, poems, or anything else that might be on your mind...*



# DAY 5



## Reflect + Write...

*When you pause and consider what it is that you actually get from anxiety, worry, or unease (i.e. the result of this habit of thought) what comes up for you? What are the short-term and long-term impacts of these end results of the anxiety habit loop on different parts of your experience of life and your wellbeing?*

## Action Item for Today...

Feeling gratitude is a powerhouse when it comes to balancing out stress and worry. Expressing it is even better! Commit to saying, texting, or emailing a 'thank you' to one person in the next 24-hours.

*(Also, try applying the habit loop technique for other bad habits on the next page!)*



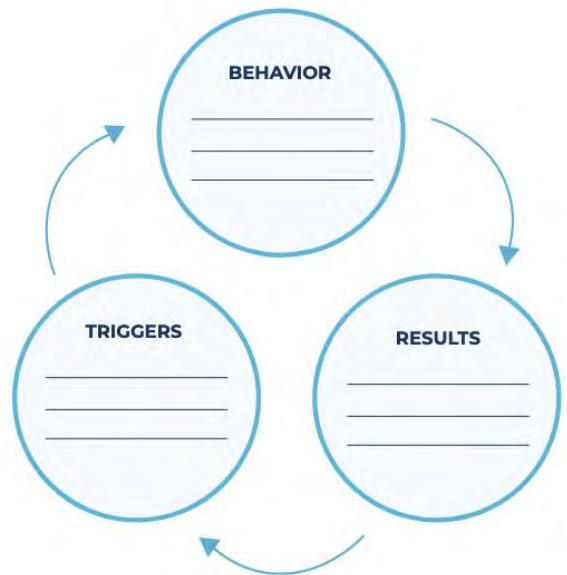
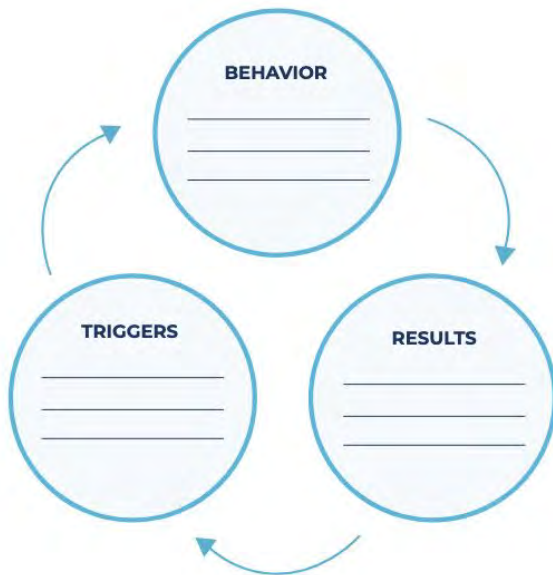
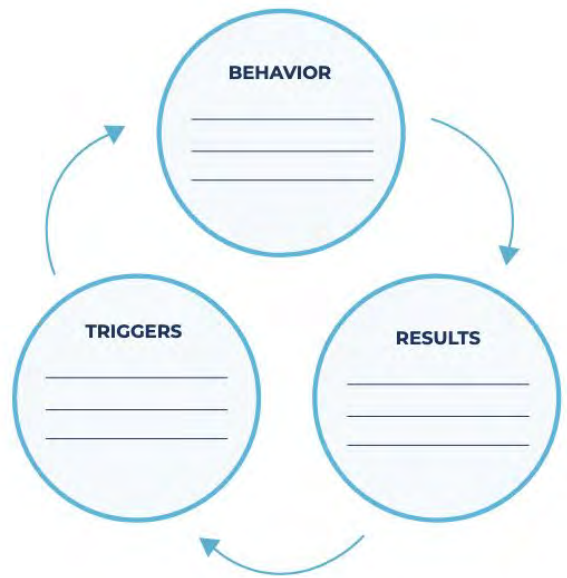
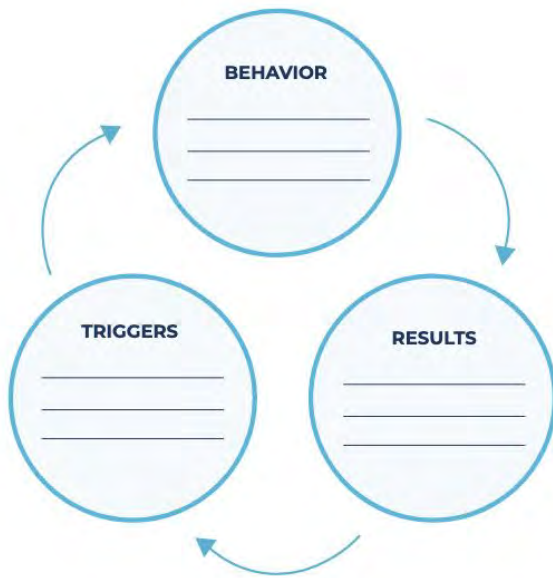
# The Habit Mapper

## from Dr. Jud

sharecare



Now that you know how to map a habit by breaking it down into its three parts, you can apply this technique to other bad habits or unwanted behaviors. Try it out below.



To learn about the app version of the Unwinding Anxiety program, visit [DrJud.com](http://DrJud.com)

Print this out and keep it with you. See how many habit loops you can identify and map throughout the day.



# DAY 5



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*



# DAY 6



## Reflect + Write...

*What is it like to bring curiosity to moments of anxiety, worry, or stress?  
How can shifting your mind to a curious attitude be considered a “super power” for making changes in your own life?*

## Action Item for Today...

The next time you are feeling on edge, overwhelmed, worried or stressed, pause and tell yourself “Right now, it’s like this” and allow yourself to see that it won’t always be this way.



# DAY 6



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*





# DAY 7



## Reflect + Write...

*Today's practice involved bringing curiosity to our anxiety and stress while also noticing that we actually have choice in how we respond to our typical triggers. What are some alternatives you can choose to do instead of staying in your habit loop (e.g. take a few deep breaths, shift away from worrying thoughts)?*

## Action Item for Today...

Take three deep breaths right now, deep in your belly, and notice how you feel. Simply breathing can be an alternative to many unhelpful reactions.



# DAY 7



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*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*



# DAY 8



## Reflect + Write...

*Brain dump time:*

*Write about whatever came up for you during the RAIN practice?*

## Action Item for Today...

Next time you are faced with a difficult situation or strong emotion, bring in the RAIN (Recognize, Allow, Investigate, Nurture) practice and notice anything that shifts in how you relate to tough moments.



# DAY 8



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*



# DAY 9



## Reflect + Write...

*List 5 things you are proud of yourself for, big or small:*

## Action Item for Today...

Bring short moments of awareness and kindness into your day when you are getting caught up in anxiety or a self-judgmental loop. By doing this throughout the day we can more efficiently unlearn the old habits by adopting a new way of being with ourselves.



# DAY 9



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*



# DAY 10



## Reflect + Write...

*Which practices from these 10 days did you enjoy the most?*

*Which practices were less helpful for you?*

*Where do you go from here? The next time you feel stress or anxiety, what do you plan to do?*

## Action Item for Today...

CONGRATULATE YOURSELF!

NO REALLY, CONGRATULATE YOURSELF FOR REAL!!

DOING THIS INNER WORK IS NO SMALL FEAT!!!



# DAY 10



A blank page for...

*Thoughts about today's practice, intentions you want to commit to, drawing, poems, or anything else that might be on your mind...*







# CONGRATS!

Thank you for spending your time with the SWC for the past 10 days. Hopefully you learned how to...

- ★ Stress Better
- ★ Identify action steps
- ★ Practice self compassion

If you want to continue your wellness journey, schedule a wellness check-in or go to our website for more information.

If you want a place to relax on campus, the SWC is here for you on the third floor of Robinson Hall!

