

HOLISTIC WELL-BEING FIVE2THRIVE

ANXIETY & STRESS RELIEF WORKBOOK

A CALM COMPANION FOR
EMOTIONAL RESET



Breathe deep. Let go. Reconnect with calm.

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Holistic Well-Being

Five2Thrive

Anxiety & Stress Relief

WORKBOOK



A CALM COMPANION
FOR EMOTIONAL RESET

BY FIVE2THRIVE

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Reconnect with calm.*



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Welcome to Your Calm Companion

This workbook was created to gently guide you through understanding, easing, and transforming anxiety. It draws from evidence-based therapies (CBT, ACT, mindfulness), practical coaching tools, and lived experience.

Use it at your own pace. Pause when needed. Repeat exercises that help. This is your space.

How to Use This Workbook

- ✓ Explore one section at a time
- ✓ Reflect in your own words
- ✓ Return to exercises as needed
- ✓ Celebrate your wins along the way



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Quick Self-Check

Rate how you feel today:

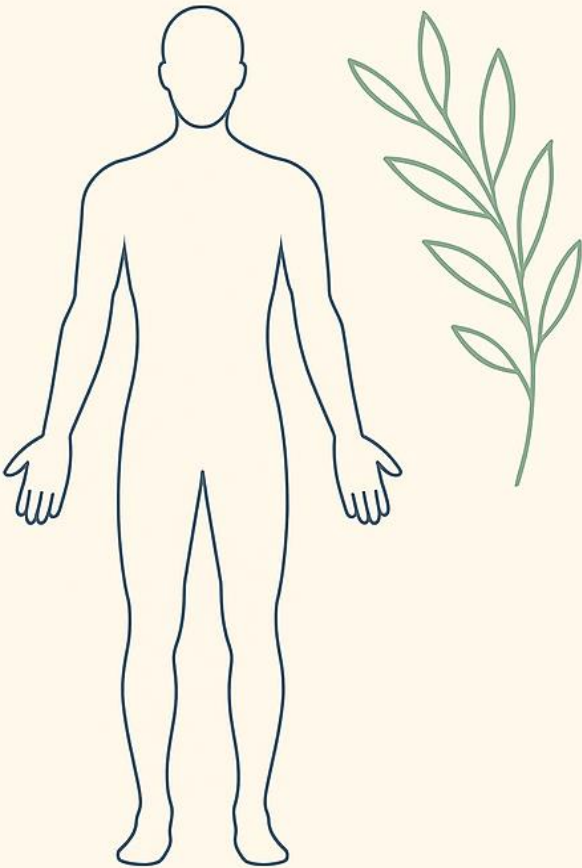
Stress Level 1 2 3 4 5 6 7 8 10

Anxiety Level 1 2 3 4 5 6 7 8 10

Energy Level 1 2 3 4 5 6 7 8 10

Sleep Quality 1 2 3 4 5 6 7 8 10
(1-10)

Physical tension areas:



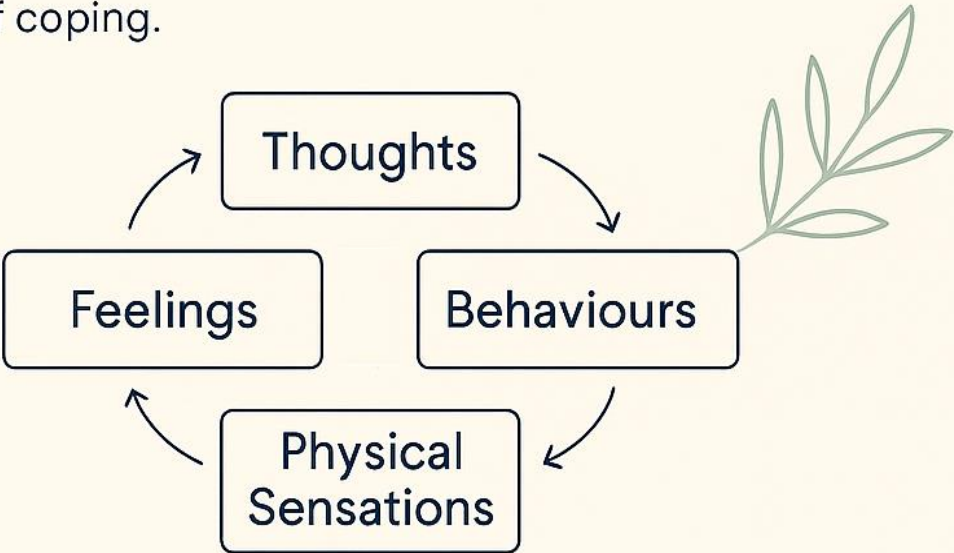


What Is Anxiety?

Anxiety is part of the body's natural alarm system meantt to protect us from danger. When we sense a threat, our fight-or-flight response kicks in.

When anxious, we may experience physical tension, racing thoughts, and a sense of dread. It's about both our bodies and our minds.

When anxiety becomes chronic, it can start to disrupt everyday life. This requires more support and new ways of coping.

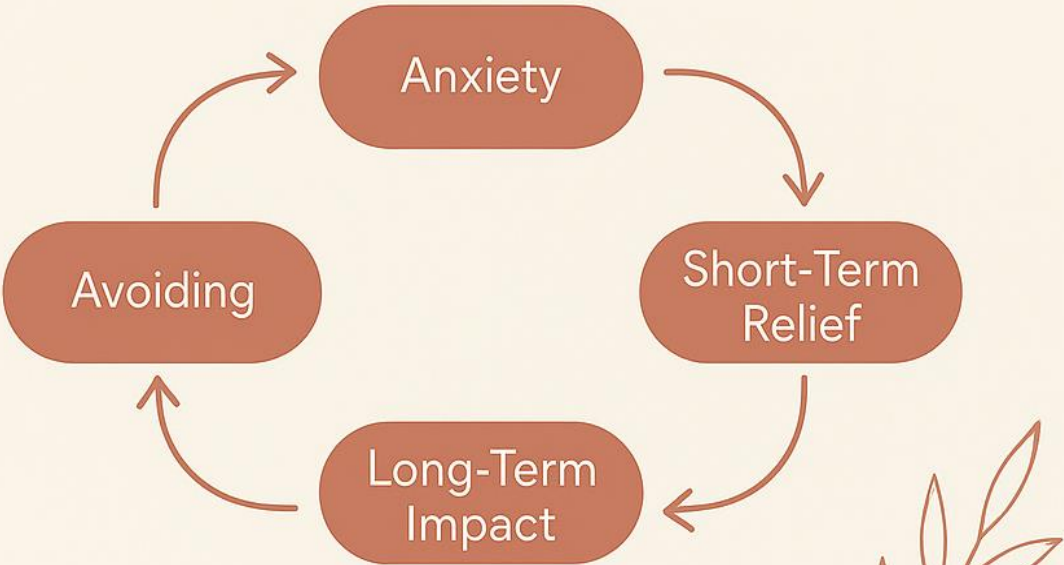




The Anxiety Cycle

When anxiety starts to feel overwhelming, it's natural to want to avoid sources of stress. Unfortunately, this only serves to make anxiety worse in the long run.

How to Use This Workbook



What do you tend to avoid? What feels easier in the short-term? What impact does it have over time?





Grounding Toolkit Menu

Grounding techniques help you reconnect with the present moment. Explore these versatile toolkits, choose ones you already use, and circle new ones to try.

Breathing Tools

- ✓ Deep breathing
- ✓ Box breathing
- ✓ Extended exhales



Body Tools

- ✓ Progressive muscle relaxation
- Hand to heart
- 5-4-3-2-1. reset



Mind Tools

- CBT reframing
- Practice self-compassion
- Mindful visualisation



Sensory Anchoring

- | | |
|---------------------|--------------------|
| ○ 5-senses check-in | ○ Soothing imagery |
| ○ Comfort objects | ○ Nature |





DEEP BREATHING PRACTICE



I am safe in this moment. I return to calm.

Box Breathing

Breathe around
a steady count of 4

→ Inhale... to the count of 4

☐ Hold... to the count of 4

→ Exhale... to the count of 4

☐ Hold... to the count of 4

4-7-8 Method

Lengthen each cycle
using this method

→ Inhale... as you count to 4

☾ Hold... as you count to 7

→ Exhale... as you count to 8

Ⓢ Rest... and repeat if you wish

✓ PROGRESS TRACKER						
Day	1	2	3	4	5	6

I am safe in this moment. I return to calm.'

✓ PROGRESS TRACKER

Day 1 2 3 4 5 5 6 7



THOUGHT REFRAME WORKSHEET



What’s the anxious thought?

EVIDENCE FOR:

EVIDENCE AGAINST:

BALANCED THOUGHT:

What action will you take?



BODY SCAN FOR SAFETY



This practice can help bring you into the safety of the present moment.

Find a comfortable position either sitting or lying down. Close your eyes if you wish, and focus on your breath as it moves gently in and out. We'll slowly scan through the body from head to toe.

Begin by feeling any sensation in your head... Allow your face and jaw soften. Invite in feelings of calm, or even a gentle smile.

Now bring your attention to your shoulders... Notice any tension they may be carrying. As you breathe, let your shoulders loosen and relax.

Feel the sensation of safety moving down your arms, through your hands...and out through your fingertips, Let your hands be heavy, or light and calm.

Place a hand on your belly for a moment. Feel the gentle movement of your breath under your palm.

When you're ready, notice any sensation in your hips... Working down each leg, let go of any tension you're holding there.

✓ Option to **record or follow along as daily practice**



TRIGGER TRACKER & PATTERNS

*Track when anxiety shows up and
see if you can spot any recurring patterns.*



When	Physical symptoms	Trigger situation	Thoughts involved	Response

What patterns have you noticed?



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SAFETY STATEMENTS & AFFIRMATIONS

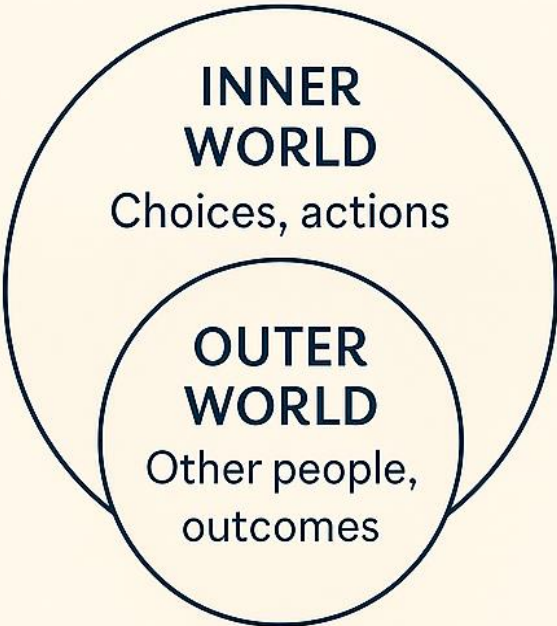
Try these self-soothing phrases when you feel overwhelmed.

- I am safe.
- I am doing my best.
- This feeling is allowed to be here.
- I can pause and slow down.
- Both my feelings and my needs matter.
- This will pass, and I will get through it.
- I offer myself the same care I give to loved ones.
- I can ride this wave and will soon feel calm again.
- These feelings will not last forever.
- This moment is tough, but so am I.
- I trust myself to cope and handle what's next

My Mantras:



REWIRE YOUR ENVIRONMENT



Anxiety can be overwhelming. It helps to pause and differentiate between what you can control and what you cannot.

Where can I shift my focus today?

What's one small empowered action I can take?



VALUES-BASED LIVING PLAN

What matters to you more than anxiety?

VALUES-BASED LIVING PLAN

*What matters to you more
than anxiety?*

Relationships

Health

Creativity



Contribution

Self-expression

VALUES-BASED LIVING PLAN

*What matters to you more
than anxiety?*

Relationships



Health

Creativity

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SELF-SOOTHING MENU

Try these ideas to soothe yourself in times of stress or anxiety.



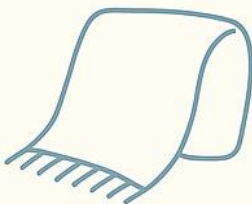
Soothing
sounds



Calming
scents



Safe
spaces



Soft
textures



Uplifting
movement

→ Build your own soothing kit here:



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WEEKLY TRACKER

Use this journal space to monitor your improvement over time.

Day	Mood (1-10)	Tool Used	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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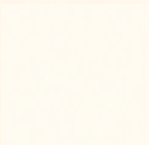
REFLECTION & WINS

*Take a moment to celebrate your progress and
build on what's working.*

I'm proud of myself for...

A strategy that helped me was...

One thing I'd like to continue...





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REFLECTION & WINS

What has improved since page 1?

What personal strengths have you shown?



What will you do next?





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SUMMARY PAGE



Write your Top 5 Takeaways.

TOP 5 TAKEAWAYS

A message to my future self:



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‘This is not the end—
it’s your *empowered*
new beginning.’



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