



*Finding Freedom:*  
*Your Guide to Overcoming Stress & Anxiety*

WORKBOOK

Welcome to your online course workbook!  
Please ensure you complete each exercise  
in here as we go through the course  
together so you can track your progress  
and apply the tools you will be learning  
with me.

Let's get started!



# Chapter 1:

## *Assessing Your Current Anxiety Levels*

The following quiz will help you understand at what level your anxiety and stress are currently operating from. Once you complete the quiz and have a score of your current anxiety level, you are ready to move on to Chapter 2.

1. I feel tense or 'wound up'

Most of the time	3
A lot of the time	2
From time to time	1
Not at all	0

2. I get a sort of frightened feeling as if something awful is about to happen?

Very definitely and quite badly	3
Yes, but not too badly	2
A little, but it doesn't worry me	1
Not at all	0

3. Worrying thoughts go through my mind?

A great deal of the time	3
A lot of the time	2
Not too often	1
Very little	0

4. I can sit at ease and feel relaxed?

Definitely	0
Usually	1
Not often	2
Not at all	3

5. I get a sort of frightened feeling like 'butterflies' in the stomach?

Not at all	0
Occasionally	1
Quite often	2
Very often	3

6. I feel restless as if I have to be on the move?

Very much indeed	3
Quite a lot	2
Not very much	1
Not at all	0

7. I get sudden feelings of panic?

Very often indeed	3
Quite often	2
Not very often	1
Not at all	0

Scoring:

0-7 Normal

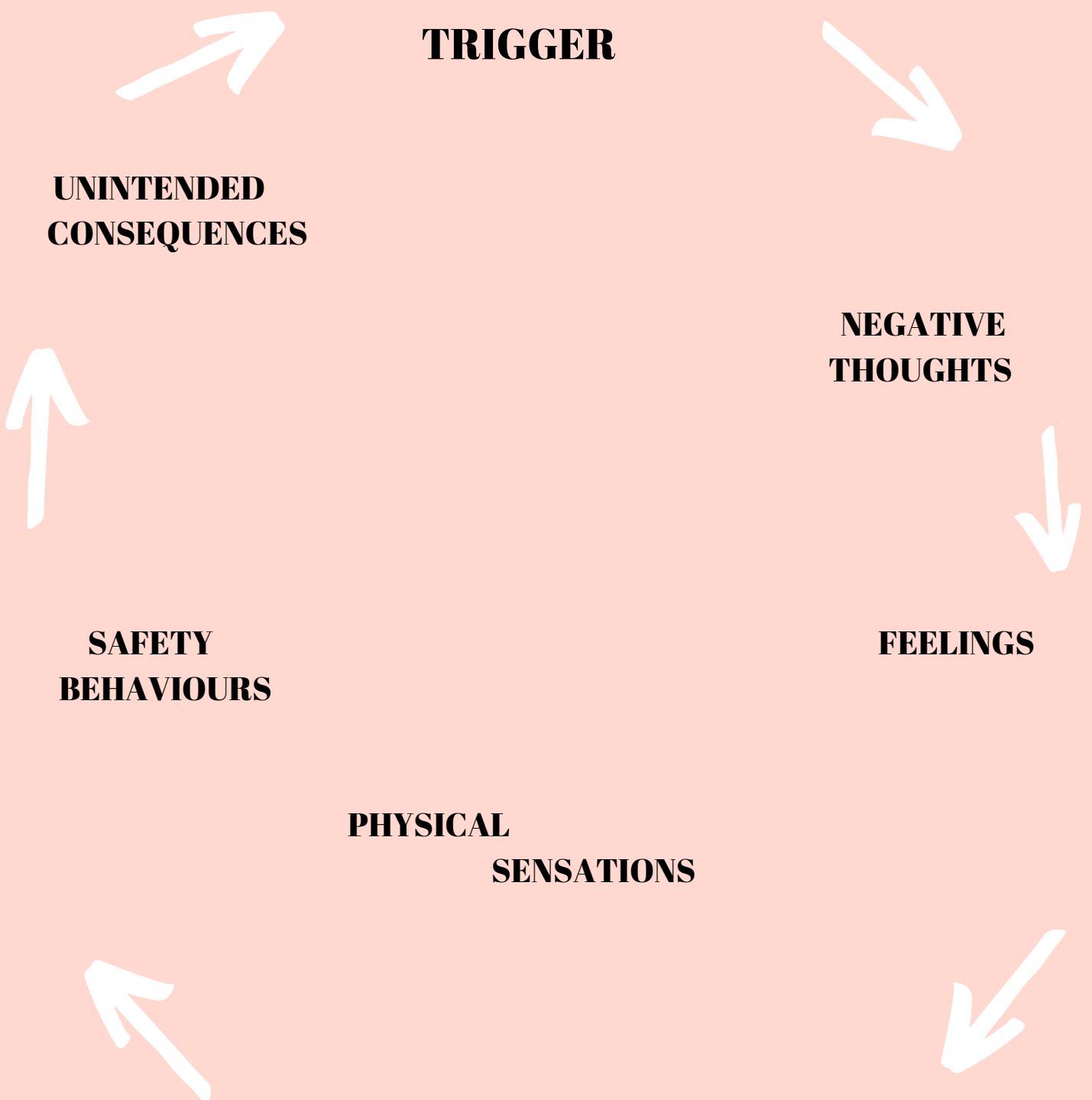
8-10 Mild Anxiety

11-14 Moderate Anxiety

15-21 Severe Anxiety

# Chapter 2: Understanding and Mapping Your Personal Anxiety and Stress Response

The following map (based on Cognitive Behavioural Therapy) will help you to understand your personal anxiety response and how you normally cope. With this understanding you will begin to be able to step outside of this vicious cycle.





# Chapter 3:

## *Using Practical Tools to Cope with Anxiety and Stress*

### Module 1 : Dealing with the physical symptoms of anxiety

#### HOMEWORK

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In this module you completed two exercises to manage your physical symptoms of anxiety: 1) Mindful Body Scan and 2) Progressive Muscle Relaxation.

Now it's time to continue practicing these exercises over the coming weeks and record your levels of distress before and after. View each video to go through each exercise with me every day over the next week and track your progress here:

#### 1) Mindful Body Scan Progress

	My level of Distress between 0-100	
	BEFORE EXERCISE	AFTER EXERCISE
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

#### 2) Progressive Muscle Relaxation Progress

	My level of Distress between 0-100	
	BEFORE EXERCISE	AFTER EXERCISE
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

# Chapter 3: *Using Practical Tools to Cope with Anxiety and Stress*

Module 2 : Dealing with the emotional symptoms of anxiety

## HOMEWORK

In this module you completed an exercise to manage your emotional symptoms of anxiety: 1) Mindfulness of Emotions

Now it's time to continue practicing this exercise over the coming weeks and record your levels of distress before and after. Continue to listen to the mindfulness of emotions audio over the next week and track your progress here:

### Mindfulness of Emotions Progress

My level of Distress between 0-100  
BEFORE EXERCISE                      AFTER EXERCISE

- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7





# Chapter 3: *Using Practical Tools to Cope with Anxiety and Stress*

Module 2 : Dealing with the emotional symptoms of anxiety

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## Your Distress Tolerance Action Plan

When you are faced with more intense emotional experiences, you need an action plan that helps to cope with the experience in a healthy way. As you watch the video for this module, use this space to complete your own action plan with me.

What are your current triggers for anxiety and stress?

What negative automatic thoughts do you have in response to these triggers?

What emotions do you feel when you are thinking those negative thoughts?

What safety behaviours do you engage in when you are feeling these emotions?

## Your Distress Tolerance Action Plan

Now that you have identified your usual safety behaviours used to cope with intense negative emotions, let us look at the opposite actions you can take to cope with them better. Watch the video to get an idea of examples for this.

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This is what I typically do to cope with my anxiety and stress ...

I now have identified these opposite actions I will take whenever those feelings arise for me...

Now the key is to commit to doing these actions EVERY time you feel distress, anxiety, or stress. By committing to yourself to engage with these new OPPOSITE actions on a daily basis, you will step outside of your old pattern that keeps you trapped in staying stuck. Jot down how you feel / what happens when you engage in these new ways of coping with emotional distress?

# Chapter 3:

## *Using Practical Tools to Cope with Anxiety and Stress*

Module 2 : Dealing with the emotional symptoms of anxiety

### **Self-Soothing Using Your Five Senses**

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Make sure you follow along in the video modules as I give examples of self-soothing using our 5 senses. Write your own examples here of how you will use your 5 senses to self-soothe. Be specific! Let's look at each one:

**What are three examples you will use of self-soothing using your sense of touch? (ex. stroking my cat, walking barefoot on grass, wrapping a warm blanket around me)**

**What are three examples you will use of self-soothing using your sense of sound? (ex. nature sounds, classical music, instrumental songs)**

**What are three examples you will use of self-soothing using your sense of smell? (ex. scented candles, essential oils, foods, perfumes, diffusers)**

## Chapter 3:

# Using Practical Tools to Cope with Anxiety and Stress

Module 2 : Dealing with the emotional symptoms of anxiety

## Self-Soothing Using Your Five Senses

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**What are three examples you will use of self-soothing using your sense of sight? (ex. nature scenes, photos of my loved ones, looking at images of things I desire). You can also use your imagination to visualise!**

**What are three examples you will use of self-soothing using your sense of taste? (ex. eating piece of chocolate, sipping cup of coffee, licking ice cream, tasting fruit). The key is to savour the flavours mindfully and slowly.**

**Now that you have identified how you can use your 5 senses to self-soothe, make sure you take time each day to use them and record your level of distress before and after to track your progress as you apply these self-soothing strategies!**

My level of Distress between 0-100  
BEFORE EXERCISE                      AFTER EXERCISE

Day 1  
Day 2  
Day 3  
Day 4  
Day 5  
Day 6  
Day 7

