



ELIMINATE STRESS

Workbook

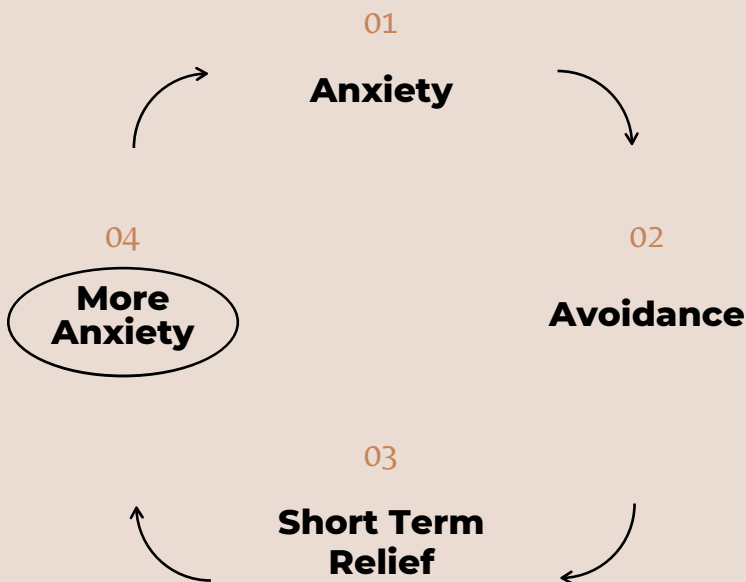


Rewire Your Brain To Permanently
Reduce Stress, Anxiety, Worry, and
Overwhelm

BY TARA O'NEIL

The Cycle Of Anxiety

Anxiety often leads to avoidance (primary coping mechanism) - after all why would you want to do something that feels bad? This worksheet is designed to help you understand how situations that cause you anxiety push you towards avoidance and how it makes things worse in the long term.



01. Anxiety

A situation comes up that causes you anxiety - racing heart, sweating and worrying.

02. Avoidance

You try to avoid the anxiety producing situation altogether. For example find an excuse to not give the speech you were suppose to give. Or you try to postpone the challenging event into the future.

03. Short Term Relief

You get a short term relief from anxiety. The physical and mental symptoms ease up.

04. More Anxiety

You learn that by avoiding anxiety inducing situations altogether you manage to reduce anxiety, but next time this situation come up you'll have even more anxiety and higher likelihood of trying to avoiding or postponing it further.

Anxiety & Stress Tracker

Use this worksheet to describe what situations, thoughts, people etc. make you most anxious and cause the most stress. Use a 1 to 10 scale to rank each one (10 being the most anxious/stressful)

Event/Situation	How Much Stress or Anxiety Does This Situation Cause Me? (Scale of 1 to 10)

Healthy vs. Unhealthy Coping

A Coping Mechanism is something we do to reduce stress and anxiety and can happen both consciously or unconsciously.

They have a great impact on our quality of life and relationships.

It's important to distinguish between healthy and unhealthy coping strategies.

Healthy strategies are things that help us reduce stress and anxiety without having a long-term harmful impact while negative strategies do have negative side effects.

The lists below are some examples of coping mechanisms.

Unhealthy Coping Strategies	Healthy Coping Strategies
<ul style="list-style-type: none">⊗ Getting Angry⊗ Procrastination⊗ Self Harm⊗ Drug/Alcohol Use⊗ Social Withdrawal⊗ Overeating⊗ Sleeping too much/too little	<ul style="list-style-type: none">✓ Exercising✓ Seeking Help✓ Talking About Your Problems✓ Problem Solving Techniques✓ Eating Healthy✓ Relaxation Techniques✓ Taking Time for Yourself

1. What healthy coping strategies do you usually use?

2. What unhealthy coping strategies do you usually use?

My Coping Mechanisms

Identify which coping mechanisms you would like to change

My Current Unhealthy Coping Strategy	A Healthier Coping Strategy I can Replace it with

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My Trigger Tracker

Source of
Anxiety or Stress

My Thoughts
and Feelings

Coping
Strategies Used

	Source of Anxiety or Stress	My Thoughts and Feelings	Coping Strategies Used
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

My New Habits & Behaviors

Use this worksheet to come up with new habits and coping mechanisms that you can practice to reduce your anxiety. Also write down the things you consciously could stop doing as well to help you alleviate some of the anxiety.

My desired Goal or Outcome:

To achieve this, I will need to:

Stop Doing/ Avoiding	
Do Less	
Keep Doing	
Start Doing	
Do More	

Is Stress Hurting Your Health?



01 List at least 3 ways triggers and stress has affected your life

02 How would your life be different if you felt less triggered/stressed?
What would you do differently?

03 What will happen in the long term (3 months, 1 year, 10+ years) if you
do not address it right now?

04 What steps have you taken to overcome your anxiety?
What helped and what didn't?



Thank you!

I am so happy you are here.
Please enjoy the content, connect,
and share your story. I'd love to hear
from you!

DON'T IGNORE YOUR BODY'S SIGNALS-
STRESS AND ANXIETY ARE WARNING SIGNS SOMETHING IS WRONG.
DON'T WAIT UNTIL IT'S TOO LATE.

After years of living in a state of chronic fight or flight
and many burnouts, I took charge of my healing.
My mission is to help women do the same.

WANT TO LEARN MORE?
REACH OUT NOW.

SCHEDULE A FREE CALL

Tara O'Neil