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Introduction to
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The Stress
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Workbook A

This workbook uses
the increasingly

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popular approach
of compassionate
self-management
to help individuals
tackle stress in a
whole-life, whole-
body way. It uses
interactive and
goal-focused
worksheets,
exercises and
tasks, along with
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teach you to:

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stress through
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and other
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activities; Set
personal stress
management goals
that will prepare
you for the work

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ten minutes; Build
long-term
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support your
personal goals and
foster positive

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platform “Stress Management”. The aim is to help you understand the impact stress can have. To visit the platform, please contact Staff Welfare,
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Stress and SELF-TALK Twelve Quick Tips to Reduce Stress

1. Replace the phrase "I have to" with "I get to" to give a positive feeling to your daily tasks .
2. Cut out coffee, chocolate and soft drinks. Caffeine elevates your anxiety and stress

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levels. 3. Keep toys
on your desk to
play with during
stressful moments.
A stress ball is
ideal! 4.

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management and

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dealing with anger
go hand in hand
When you're
stressed up to your
eyeballs, you've
little spare capacity
for dealing with
life's normal ups
and downs. It
becomes all too
easy to lose your
temper when
you're so often
feeling irritated and

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STRESS

MANAGEMENT

WORKBOOK 3 -

SafeSpot

Stress, or rather the perception of stressors, can be managed and there are ways to do so.

This article sets out our favorite stress-management

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worksheets to help
you deal with
whatever challenge
lies in your path.

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help you find a specialist stress practitioner in your local area. □ Mind's Infoline can provide information about support groups and mental health services in your local area.

How to manage stress how to -

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This workbook aims to help you to: Recognise whether you may be experiencing symptoms of stress. Understand what stress is, what causes it and what keeps it going. Find ways to understand, manage or

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to-follow, The
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Workbook will
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and other
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activities; Set
personal stress
management goals
that will prepare
you for the work
you're about to do;
Learn to handle
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interactive

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exercises that require no more than one, five, or ten minutes; Build long-term strategies that support your personal goals and foster positive lifestyle changes for a more ...

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12 months ...

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a feeling of being tense, overwhelmed, worn out, or exhausted.

A small amount of stress can be motivating, but too much stress makes even small tasks seem daunting.

Sometimes stress is the accumulation of many small hassles, while

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other times it is the result of major life changes or long-term problems...

Stress Worksheets
| Therapist Aid
stress
management. It
has achieved the
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reference in the

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