
Stress Relief Workbook



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Vibrantly g-Free Stress Relief Workbook



The Vibrantly g-Free Stress Relief Workbook is designed to help you take simple, actionable steps to decrease the overall stress in your life.

Each step focuses on a different facet of stress:

- 1 - Environmental
- 2 - Situational
- 3 - Relationships
- 4 - Self-care
- 5 - Mindset

While these activities are designed to help relieve stress for individuals with autoimmune disease and chronic illness, they are a valuable exercise for anyone wishing to find stress relief.

We hope you find these strategies helpful. You can find additional support at vibrantlyfree.com/stress-relief

With love and gratitude, Jamie

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1. Take a minimalist approach with possessions.

"Strive not to get more done, but to have less to do." - Francine Jay

Week 1:

Category/Area to Declutter	Impact after 1 week	Continue this habit?
Ex: Kitchen counters	Easier to use for meal prep. More relaxing environment.	Yes

Week 2:

Category/Area to Declutter	Impact after 1 week	Continue this habit?



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Workbook Bonus: The Best Method for Prioritizing

Another excellent way to identify unnecessary stressors is to prioritize using the quadrant method. This allows you to find items on your to-do list that may not be necessary or urgent.

Grab your to-do list or create one on the lines below, with whatever comes to mind.

To Do:

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Now carefully evaluate each item and put them in the correct category on the next page. Here are a few examples of tasks I put in each category:

- Urgent and important Ex: picking up a kid from daycare or a work deadline
 - Prioritize these first.
- Important, but not urgent Ex: planning a vacation
 - The more time you spend in this quadrant, the shorter the "urgent and important" category will be. Being more proactive relieves stress later on. I aim to spend some time working on tasks in this category every day.
- Urgent, but not important Ex: picking up a library book
 - Delegate these tasks if possible, or do them quickly without much thought.
- Not urgent or important Ex: finding a misplaced magazine (one I don't really need right now)
 - Ignore these tasks, the magazine will show up eventually



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The Quadrant Method for Prioritizing

	← Urgent	
↑ Important	Urgent & Important (1st priority)	Important, but not urgent (these will get you ahead in the long run - spend as much time here as you can)
	Urgent, but not important (delegate if possible, otherwise complete quickly)	Not urgent or important (take these off your to-do list :))

"The key is not to prioritize what's on your schedule, but to schedule your priorities." - Stephen Covey



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3. Evaluate your relationships.

"You deserve supportive, energy-giving relationships that encourage and nurture you to be your best self." - VibrantlygFree.com

This is a start to evaluating your relationships, but you won't see real progress unless you take action. Be sure to follow up with any relationships that need tending to after completing this exercise.

When I'm with:	I feel...

3 supportive, energy-giving people to spend more time with:



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4. Make time for *guilt-free* self-care practices.

"You can only give from a full cup." - The Author's Mom

Self-care practices you can do in 5 minutes or less:

1 minute

- 5-4-3-2-1 meditation (details below)
- Deep breathing
- Review a list of gratitudes (keep them in your wallet)
- Visualize yourself in a familiar and positive place

5 minutes

- Quick journal entry
- Guided meditation
- Make a cup of tea
- Short walk or stretch
- Read a book

5-4-3-2-1 Meditation is my absolute favorite form of mindfulness. Here's how it works:

- Sit in a quiet place if possible, but any spot will work.
- Notice 5 things in your environment that you can **see**. Name them in your head or out loud.
Ex: I see a bird, I see a Seahawks baseball cap, I see a yellow rose, etc.
- Listen carefully for 4 things you can **hear**. Name each one in your head or out loud.
Ex: I hear construction, I hear voices laughing...
- Notice 3 things you can feel (**touch**) and name them.
Ex: I feel the chair supporting my weight, I feel my feet on the ground...
- Take deep breaths in through your nose and notice and name 2 different smells.
Ex: I smell spring flowers, I smell dinner cooking. Sometimes the smells are mundane (like that 'indoor air' smell), but this is about noticing your surroundings so these are important too.
- Name 1 thing you can **taste**. *Ex: I taste coffee, I taste water, I taste my mouth...*

5. Give up your limiting beliefs and negative mindset.

"Your attitude determines your altitude." - Zig Ziglar

Strategies for decreasing negativity:

- "Bracelet" method
- Have a list of gratitudes on hand (I keep them in my wallet)
- Notice the little things

Refer to vibrantlygfree.com/stress-relief for more instruction on how to implement each of these strategies.

