



YOU and stress... The Brain Explained

What is stress and
what can you do about it?

Jacqueline Tournier

Workbook

This workbook corresponds with

YOU and stress...

The Brain Explained

I've created this workbook to help you use the information in the book 'You and Stress... The Brain Explained'. The workbook consists of 3 parts

Part 1 is really useful for everyone and it's the best place to start. You can benefit from part 2 if you find you're often arguing with people, and part 3 can help you become more stress-proof.

Part 1: ME... a diary about stress and emotions.

Part 2: ME AND OTHER PEOPLE... a diary about stress and emotions between people.

Part 3: TRAIN HOW TO EMPTY YOUR BALLOON... a diary for positive actions to reduce stress.

In part 1, you can keep track of any stress reactions you have on a daily basis, what caused these reactions, and what emotions you experienced. You can also write down things you can do to help you get less stressed.

There are two pages to fill out for every day.

Part 2 is really useful if you find you're often getting into trouble, or you're often arguing with people. By using this diary, you'll learn to examine your own emotions and behavior, as well as the emotions and behavior of other people.

See the example on pages 38 and 39 of You and Stress... The Brain Explained.

This will help you understand both yourself and others better. You'll learn how arguments arise, and how to prevent them in the future.

In part 3, you can keep track of the things you've done to help yourself get less stressed. For instance, whether you've used a breathing exercise, a positive thought

or something else.

You can use the tips on page 48 of the book You and Stress... The Brain Explained, or maybe you have come up with your own method to reduce stress.

If you keep track of all this, you'll notice these stress reduction methods really help you feel better.

I hope you'll enjoy using the workbook!

Jacqueline Tournier





Me



A diary
of stress
and emotions



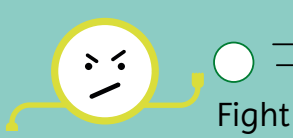
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Did you get stuck in your crocodile brain today?



How did you react?



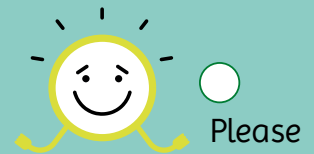
Fight



Flight

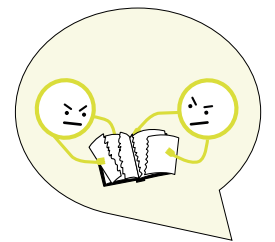
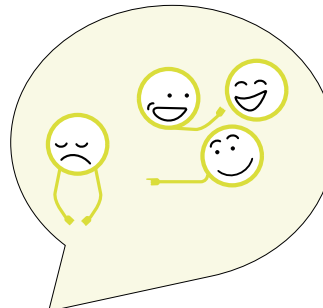
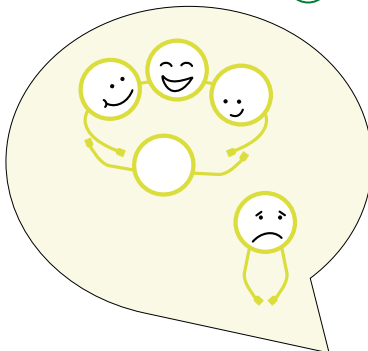
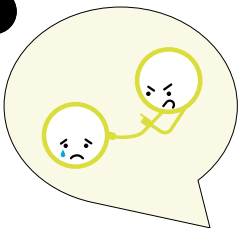
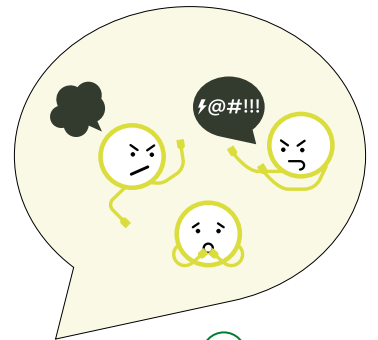
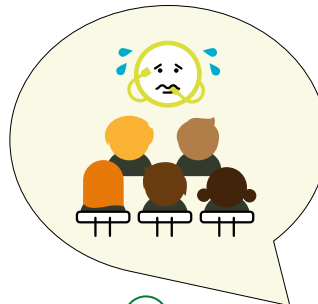
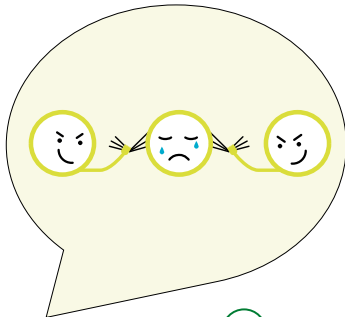
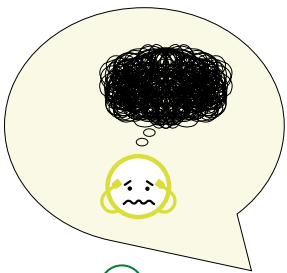


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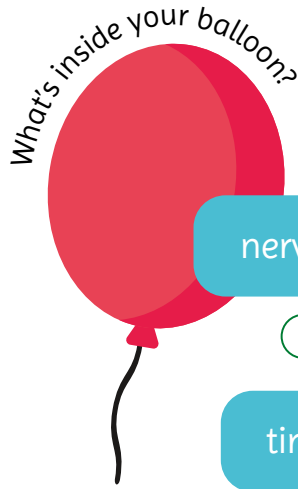


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How did you feel?



sad



scared



nervous



spooked



alone



rejected



tired



disappointed



Or was there a different emotion?



What were your thoughts?

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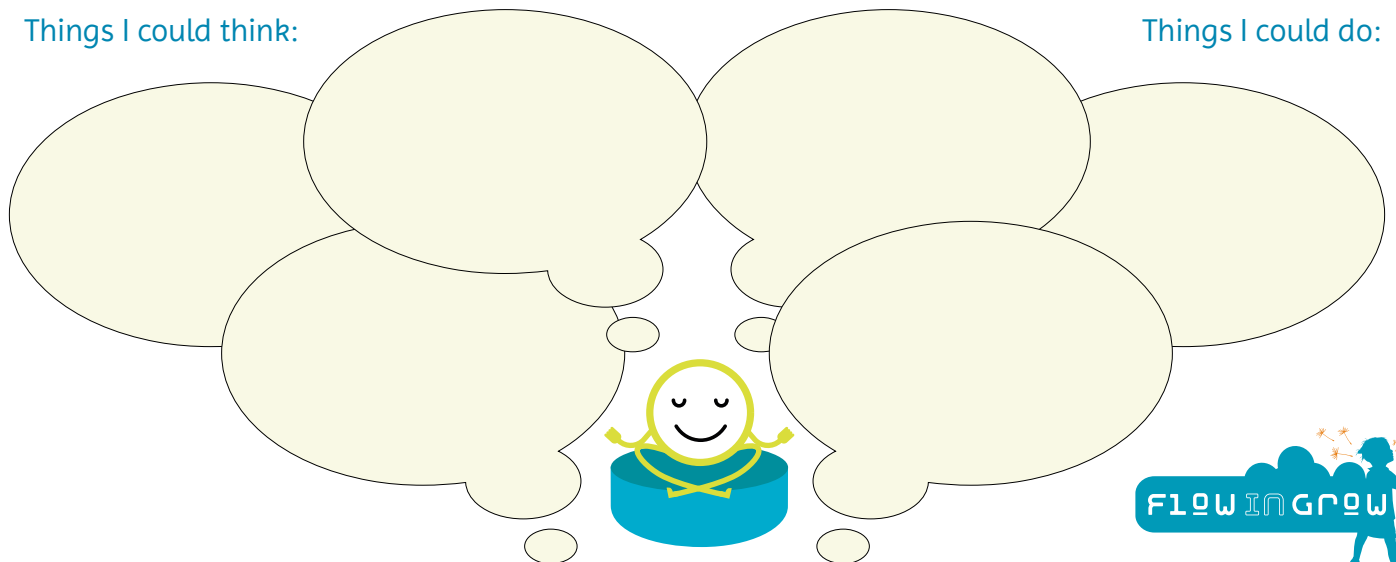


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Things I could think:

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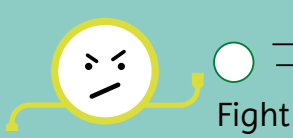
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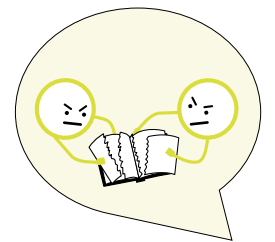
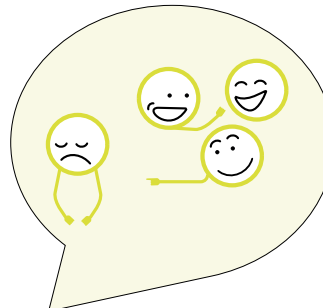
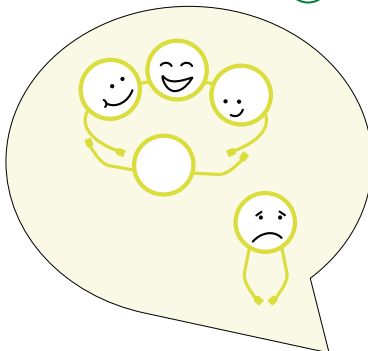
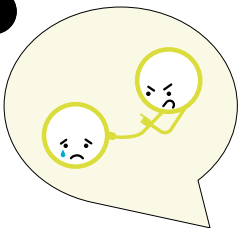
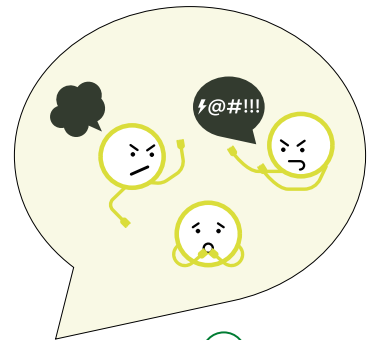
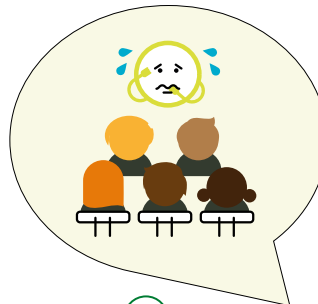
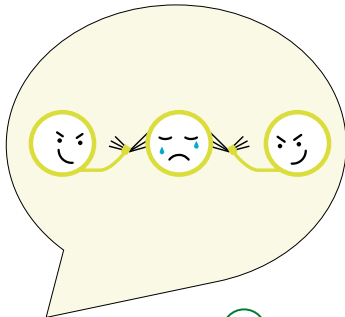
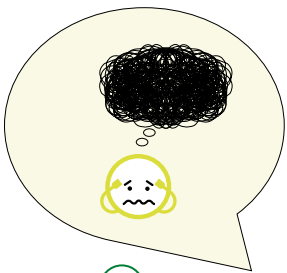


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How did you feel?

What's inside your balloon?



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scared



nervous



spooked



alone



rejected



tired



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Or was there a different emotion?



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How might you help yourself if this happens again?



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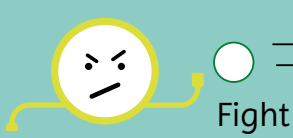
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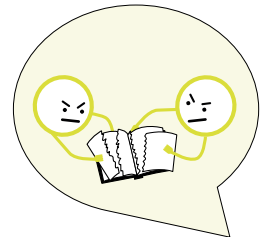
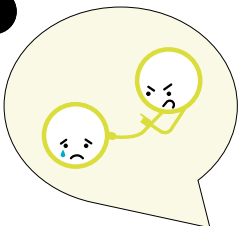
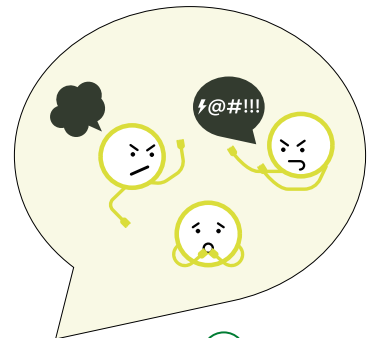
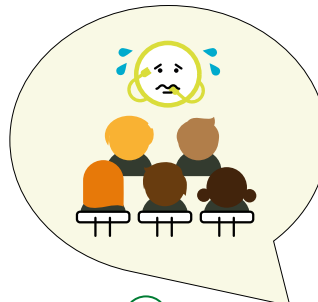
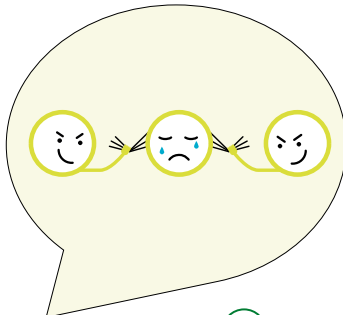
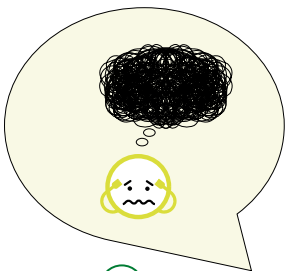


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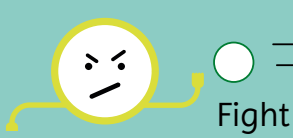
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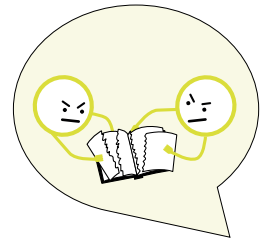
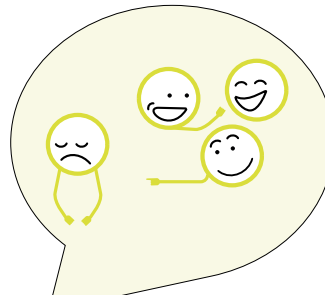
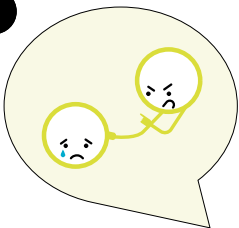
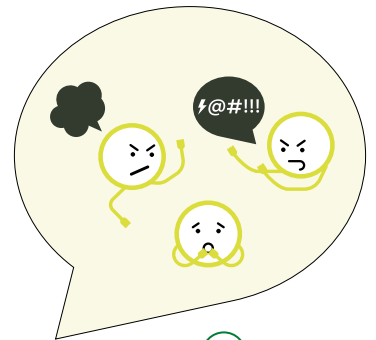
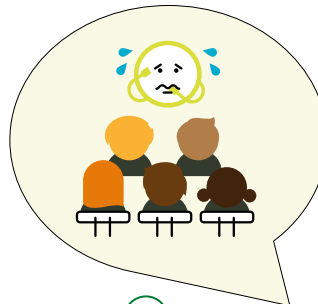
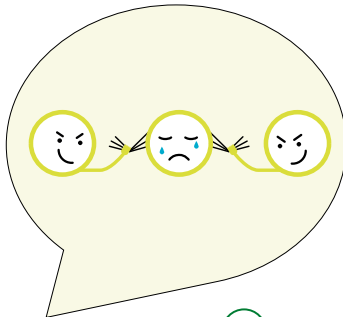
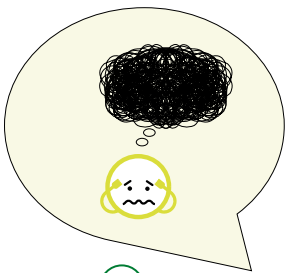


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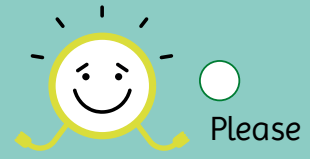
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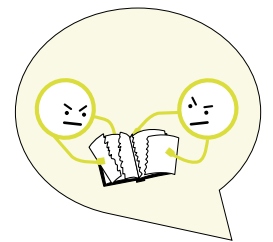
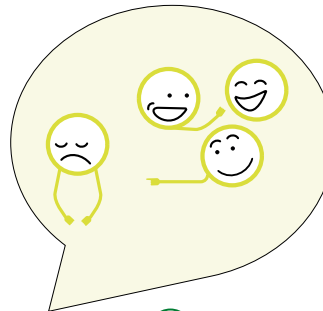
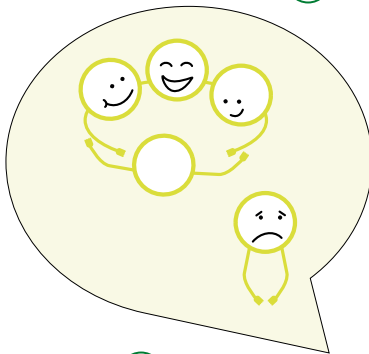
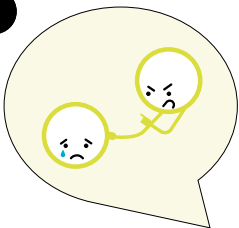
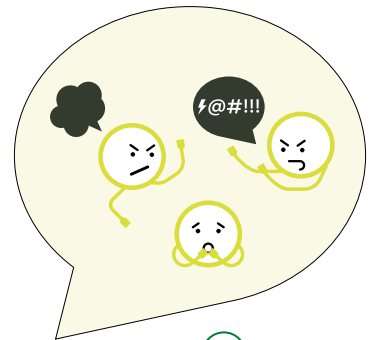
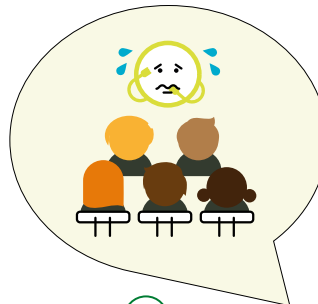
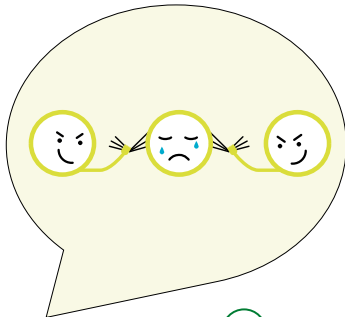
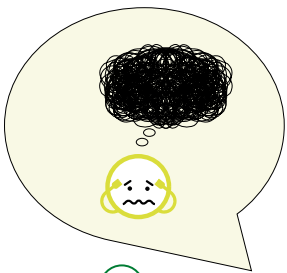


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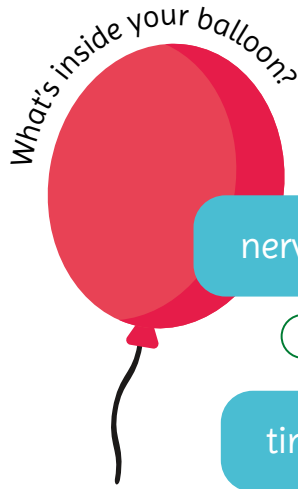
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How did you feel?



sad

scared

nervous

spooked

alone

rejected

tired

disappointed

Or was there a different emotion?



What were your thoughts?

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It can help if you breathe, move around or drink some water.



How might you help yourself if this happens again?



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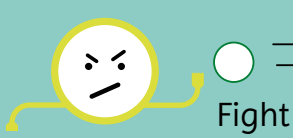
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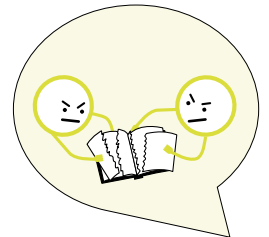
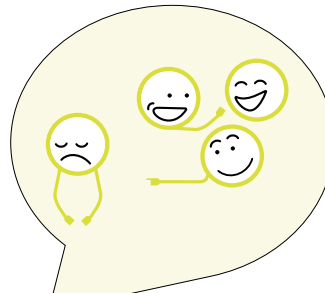
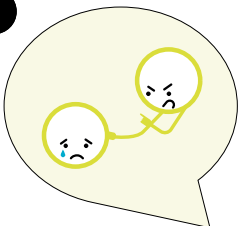
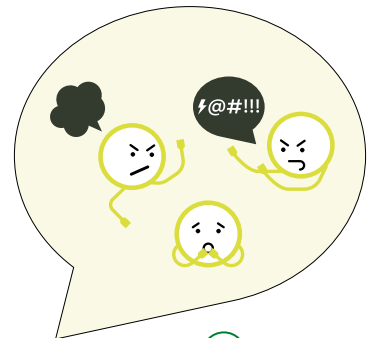
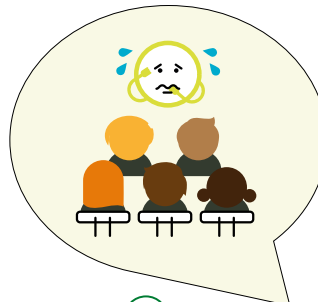
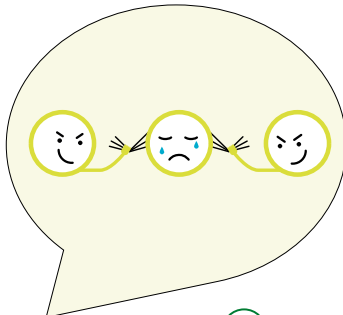
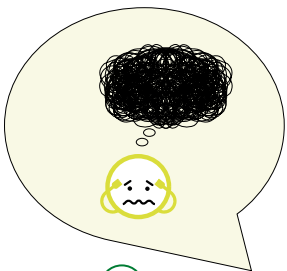


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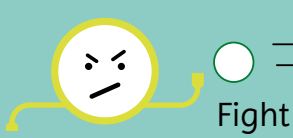
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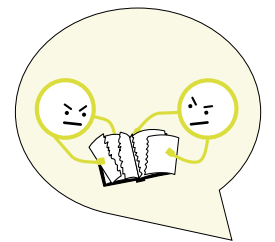
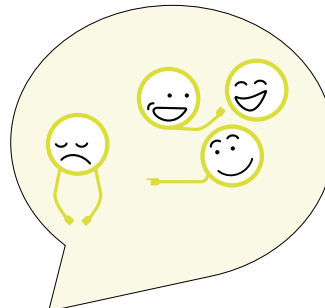
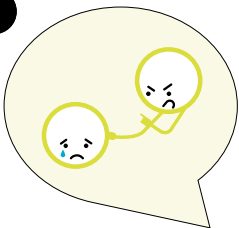
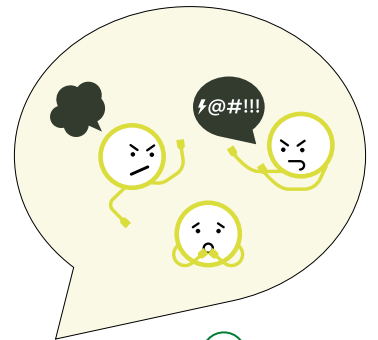
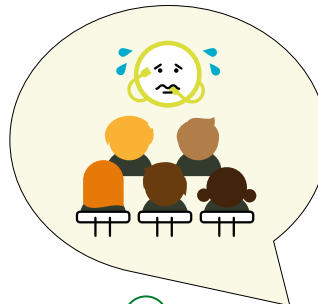
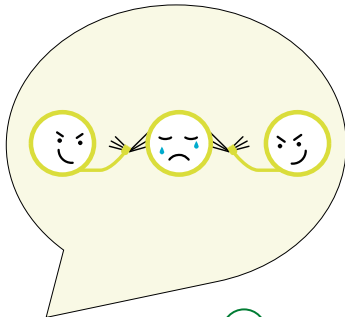
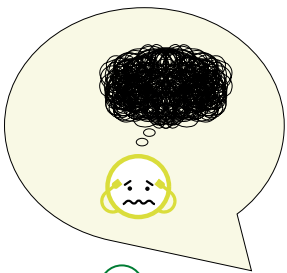


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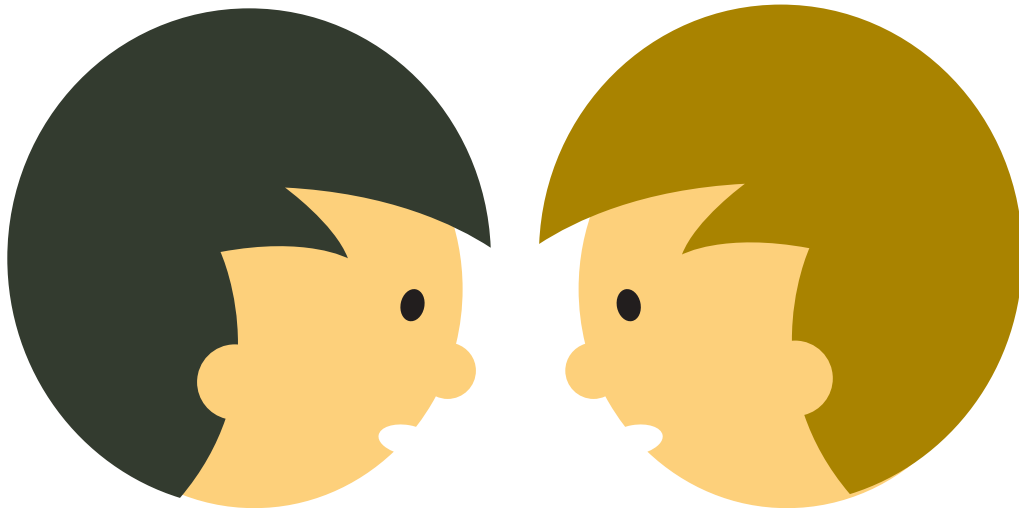
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Me and other people



A diary
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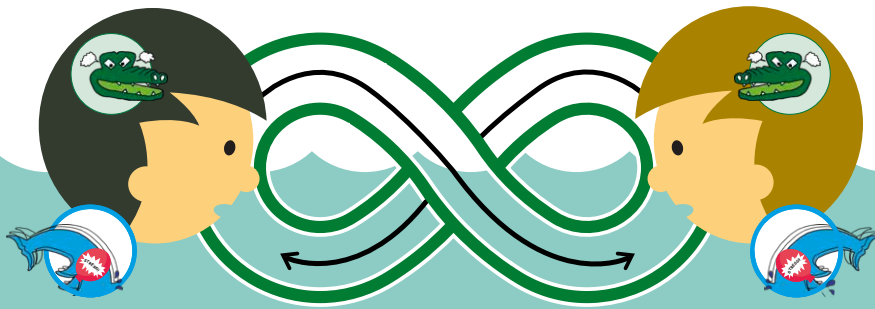
The situation:

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What I did

What the other person did

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.....



What I thought

What the other person thought

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How I felt

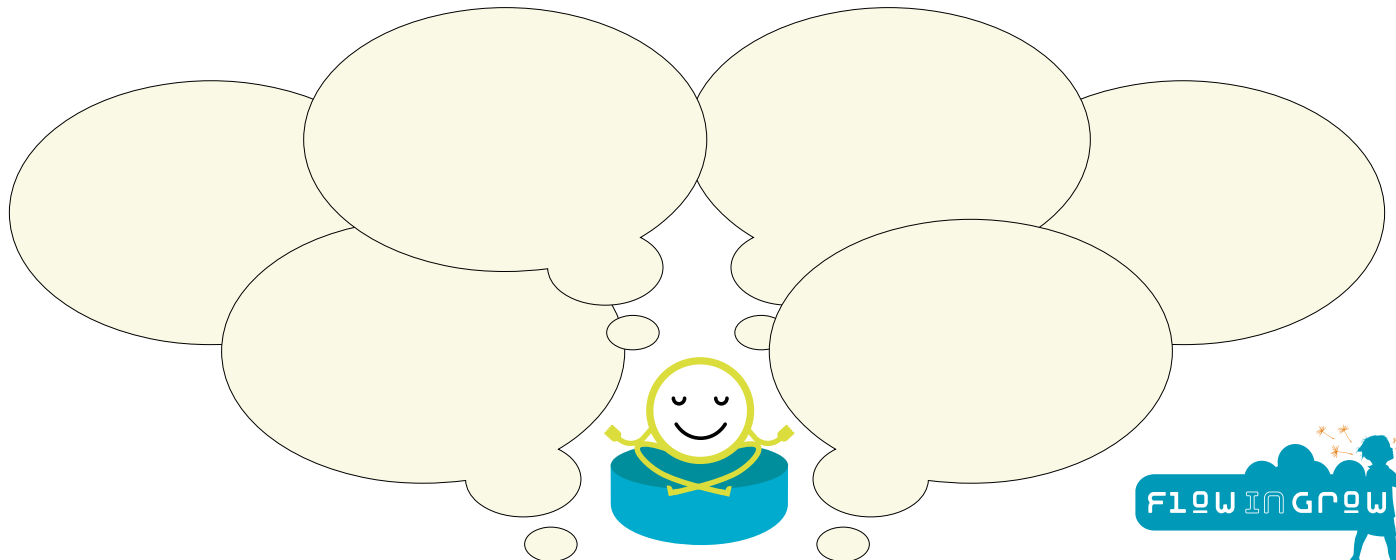
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Something to think about later:

What can I do and think to REMAIN more calm?





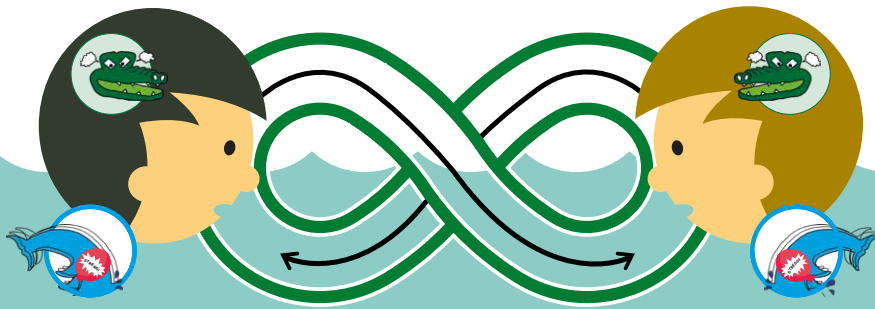
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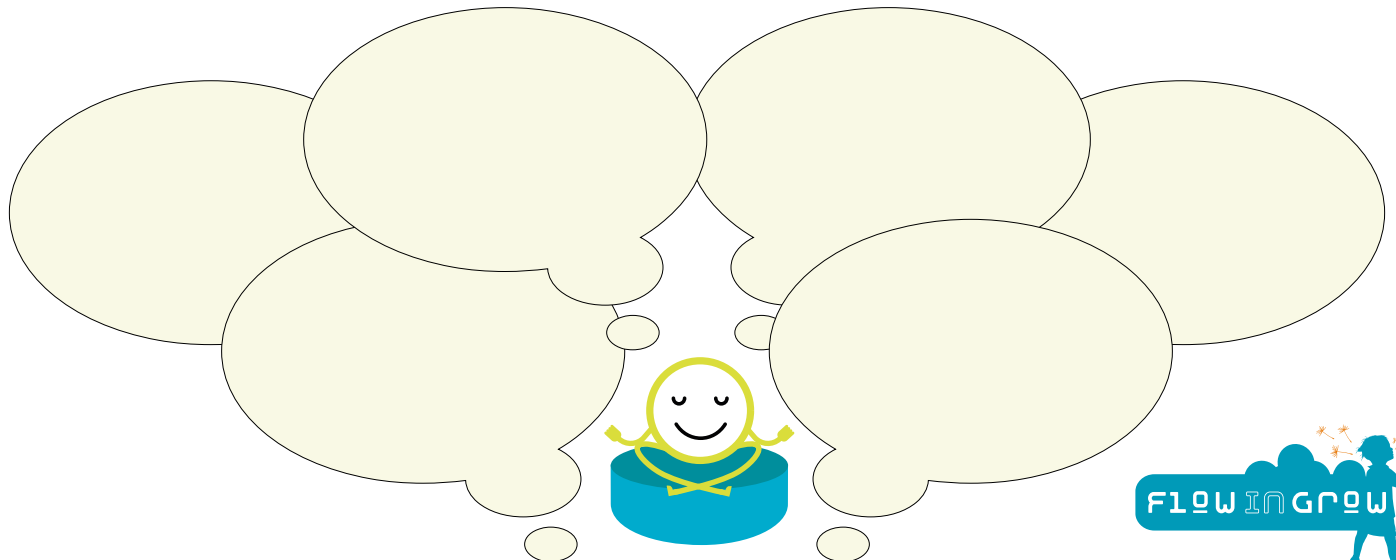
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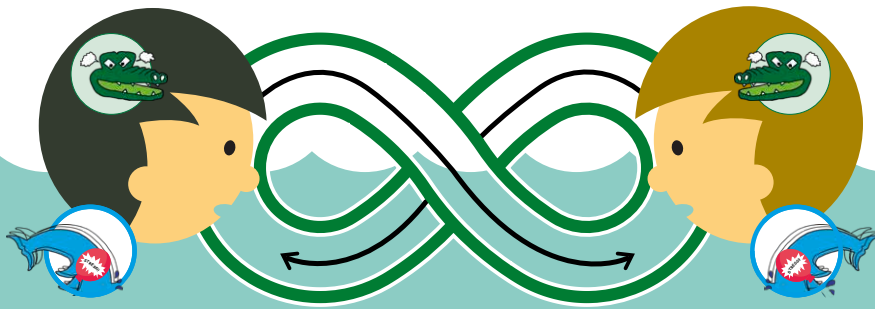
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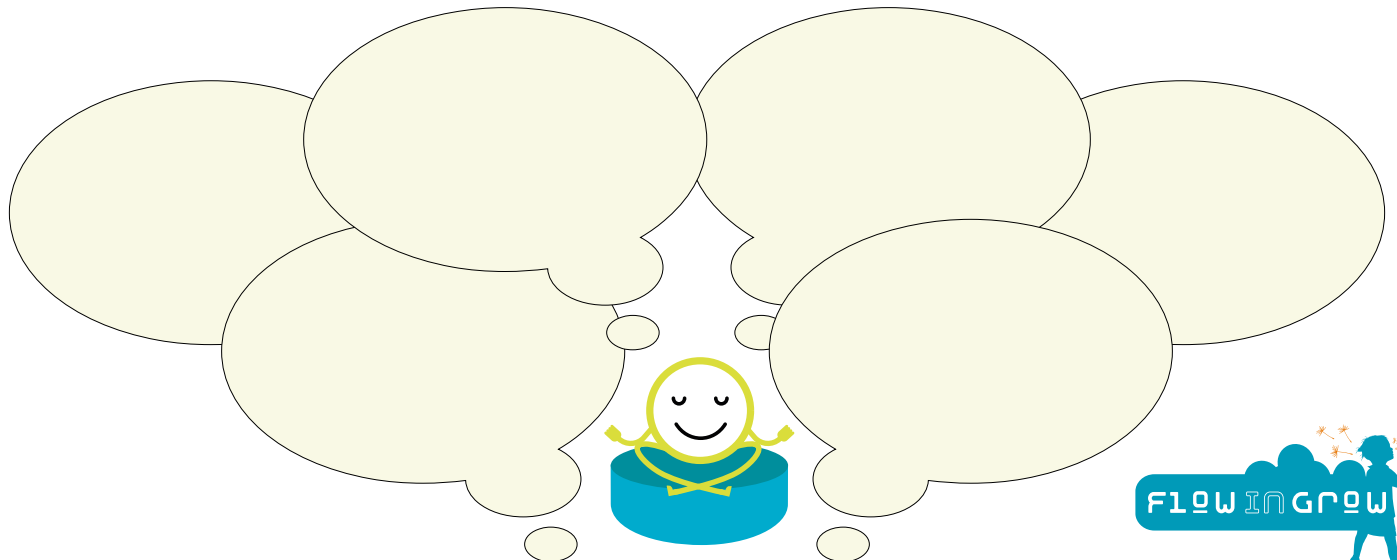
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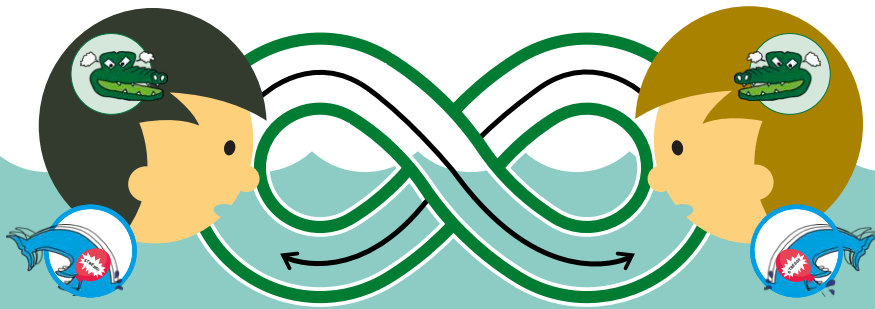
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How I felt

How the other person felt

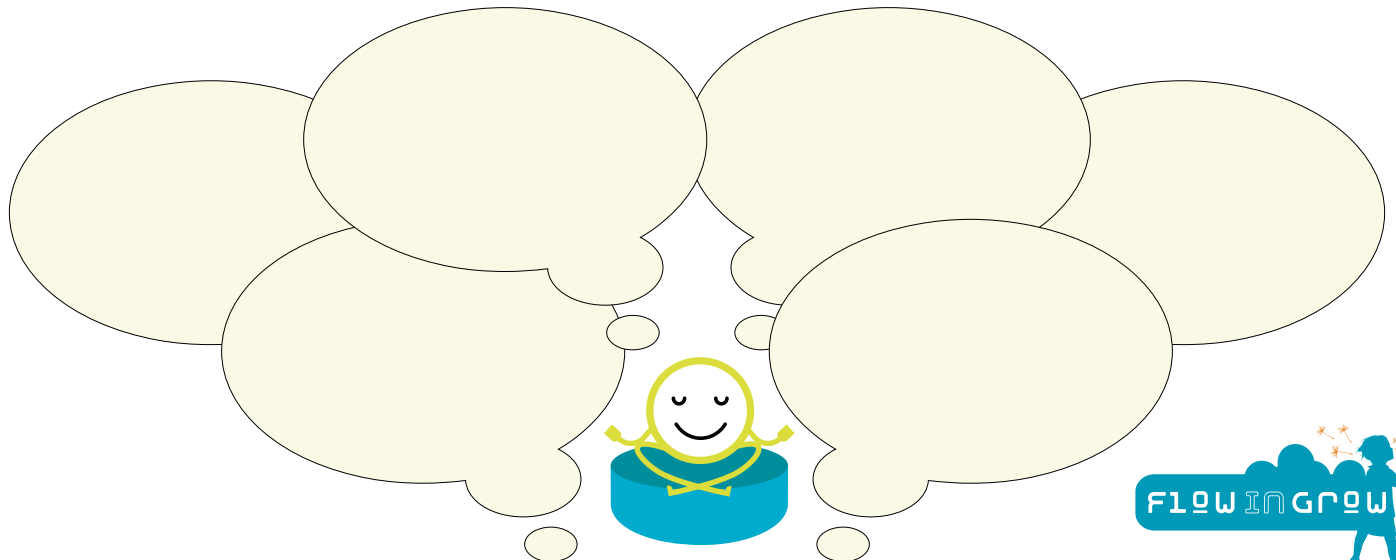
.....

.....



Something to think about later:

What can I do and think to REMAIN more calm?





The situation:

.....

.....

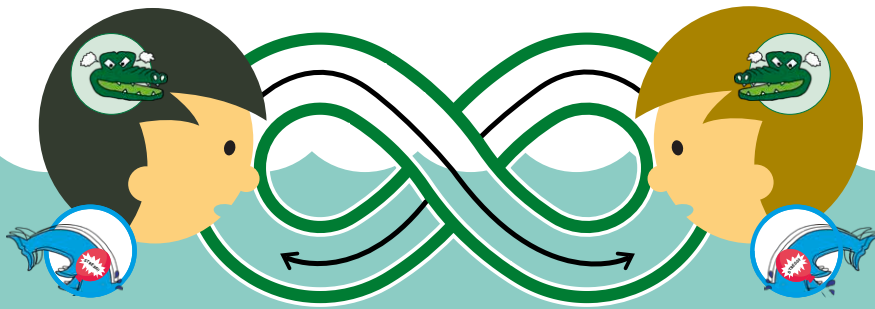
What I did

What the other person did

.....

.....

.....



What I thought

What the other person thought

.....

.....

How I felt

How the other person felt

.....

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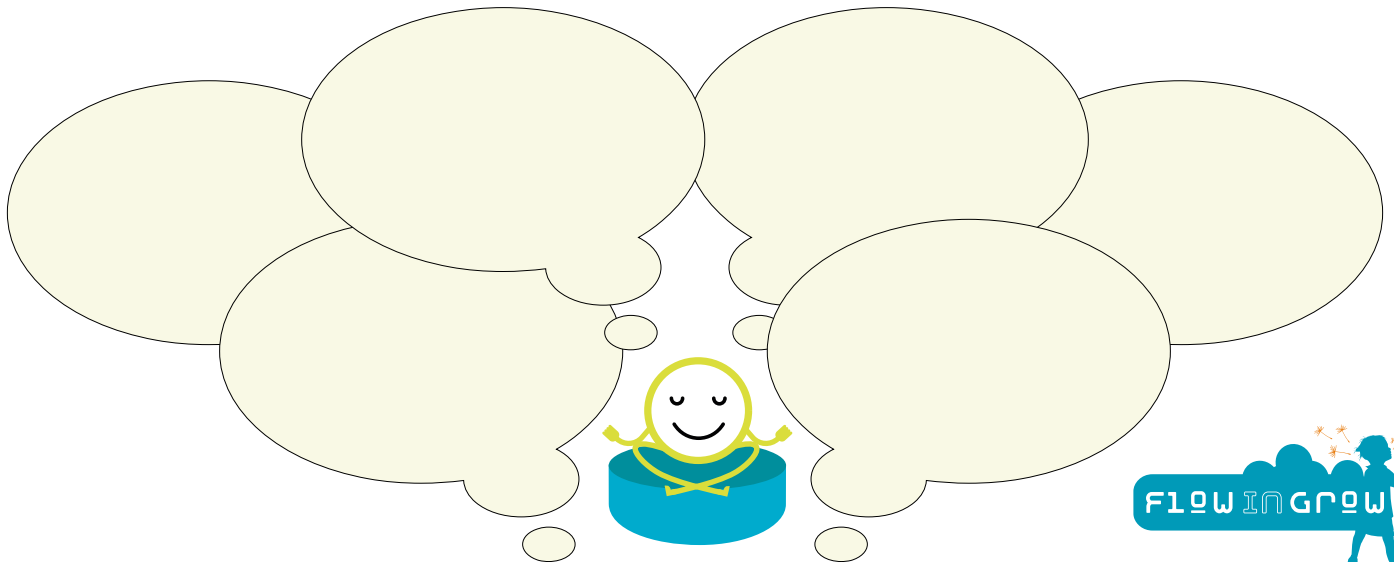
.....

.....



Something to think about later:

What can I do and think to REMAIN more calm?





Train how to empty your balloon

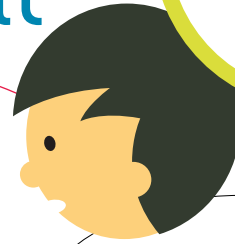
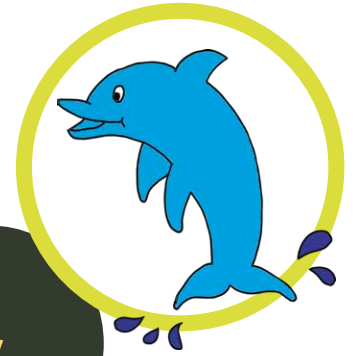
A diary
of positive actions
to reduce stress





What I did

How I felt



What did you **do** to feel better?
(write this down here)

How did you **feel** afterwards?
(write this down here)

Date

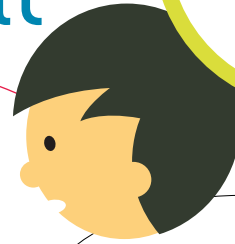
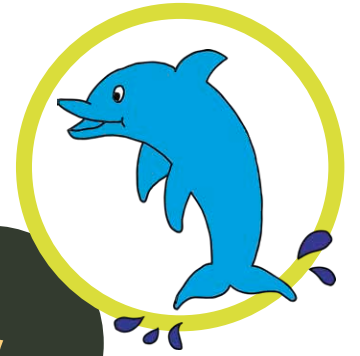
Handwriting practice area with three columns of horizontal dashed lines for writing.





What I did

How I felt



What did you **do** to feel better?
(write this down here)

How did you **feel** afterwards?
(write this down here)

Date

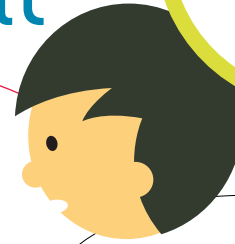
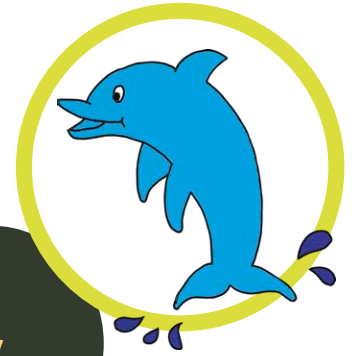
Handwriting practice area with three columns of horizontal lines. Each column has 10 lines, with a dashed midline for letter height. The lines are contained within a large red circular frame.





What I did

How I felt



What did you **do** to feel better?
(write this down here)

How did you **feel** afterwards?
(write this down here)

Date

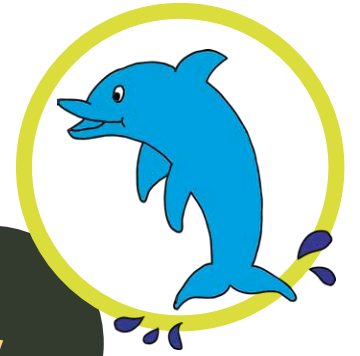
Handwriting practice area with three columns of horizontal lines (top solid, middle dashed, bottom solid).



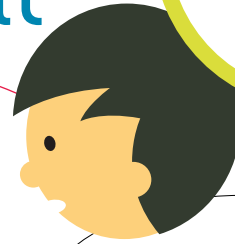


What I did

How I felt



What did you **do** to feel better?
(write this down here)



How did you **feel** afterwards?
(write this down here)

Date

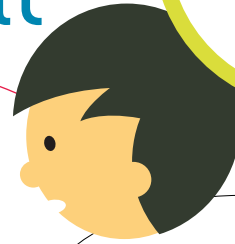
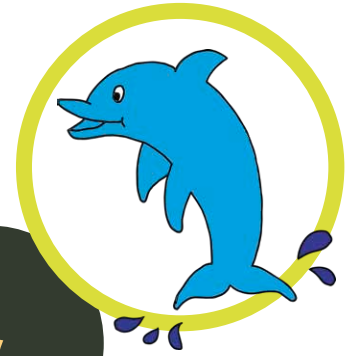
Handwriting practice area with three columns of horizontal lines. Each column has 10 lines, with a dashed midline for letter height. The lines are contained within a large red circular frame.





What I did

How I felt



What did you **do** to feel better?
(write this down here)

How did you **feel** afterwards?
(write this down here)

Date

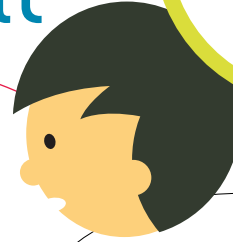
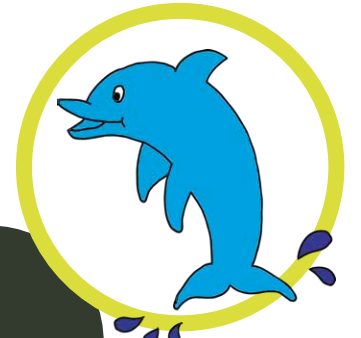
Handwriting practice area with three columns of horizontal lines. Each column has 10 lines, with a dashed midline for letter height. The lines are contained within a large red circular frame.





What I did

How I felt



What did you **do** to feel better?
(write this down here)

How did you **feel** afterwards?
(write this down here)

Date

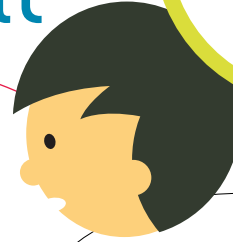
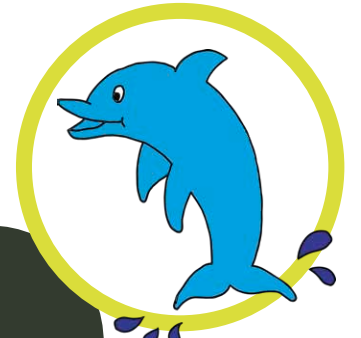
Handwriting practice area with three columns of horizontal lines. Each column has 10 lines, with a dashed midline for letter height. The lines are contained within a large red circular frame.





What I did

How I felt



What did you **do** to feel better?
(write this down here)

How did you **feel** afterwards?
(write this down here)

Date

Handwriting practice area with three columns of horizontal dashed lines for writing.

