

HEALTHY MINDED

Anxiety & Stress Relief Workbook

Printable grounding, reflection, and self-growth exercises for daily wellness support.

A calming digital wellness resource for reflection, relaxation, journaling, and daily reset habits.

Created by Healthy Minded | stayhealthyminded.com

Important Note

This product is for educational, self-growth, relaxation, and general wellness purposes only. It is not medical advice, therapy, diagnosis, or treatment. If you are in crisis or need professional support, contact a qualified professional or emergency services.

Grounding First

When stress rises, grounding helps bring your attention back to the present moment.

5-4-3-2-1 Grounding

- Name 5 things you can see.
- Name 4 things you can feel.
- Name 3 things you can hear.
- Name 2 things you can smell.
- Name 1 thing you can taste or appreciate.

Stress Trigger Map

Use this page to identify what tends to increase stress and what helps you feel more steady.

Trigger	How it shows up	Helpful response

Thought Reframe Worksheet

Situation

Original thought

Feeling connected to this thought

A more balanced thought

One supportive action

Body Check-In

Stress often shows up in the body before we fully understand it in the mind.

Area	What I notice	What may help
Head/Jaw		
Shoulders/Chest		
Stomach		
Hands/Arms		
Energy level		

Calm Action Plan

When I feel overwhelmed, I can...

1. Pause and breathe before reacting.

2. Drink water or step away from the screen.
3. Write the strongest thought down.
4. Choose one simple next step.
5. Reach out for support when needed.

My personal calming actions:

Weekly Stress Review

What drained me this week?

What restored me this week?

What needs to change next week?
