

Course: Stress Management & Resilience Building

Welcome!

This worksheet is designed to help you reflect on your current wellbeing, clarify what matters most to you, and start building habits that support a balanced and fulfilling life. Take your time with each section. There are no right or wrong answers—just insights to help you understand yourself better.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching or any other medical or mental health professional care.

Worksheet 1: Understanding Stress (*Video 1*)

Purpose: Identify your personal stress triggers and understand how stress shows up for you.

Part 1: What does my stress look like?

Think about the past week. Which of the following stress signals have you noticed? Check all that apply.

- Physical tension (muscles, headaches)
- Fatigue or low energy
- Irritability or mood swings
- Trouble concentrating
- Emotional overwhelm
- Avoidance or procrastination
- Other(s): _____

Take a moment to reflect: What does stress look like for you? How do you know when your body or mind is under pressure? Simply noticing is the first step to responding more effectively.

Part 2: Stress Triggers

Reflect on your stress experiences. List 1-5 situations that cause you stress on a regular basis

- 1.
- 2.
- 3.
- 4.
- 5.

Part 3: Reflection

- How does your body and mind respond to stress?

- Which stress responses feel manageable?

- Which feel overwhelming?

- What do I know about reducing stress in my life?

How to Access Further Support in New Zealand:

- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)
- Contact your local GP
- Dial 111 for immediate support