

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 2: Nervous System Basics (Video 2)

Purpose: Understand your fight, flight, freeze responses and how regulation affects wellbeing.

Part 1: Identify Your Patterns

Think about a recent stressful moment. Which response did you notice most?

- Fight – reacted aggressively or argued
- Flight – avoided, left, or procrastinated
- Freeze – felt stuck, unsure, or numb

Part 2: Regulation Check

How did you respond? Could you pause or regulate?

- What signs indicated your nervous system was activated? What did you feel or notice in your body before and during? Think heartrate, headache, sweat, tension etc.
- How could you calm or regulate in that moment? Think breathing, removing self from the situation, listening to music, reaching out to someone etc.

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