

PEACEFUL MIND



Integrative Healing and Transformation  
Specialists

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## STRESS RELEASE WORKSHEET

*Understanding and Transforming Modern-Day Stress*

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### 1. What Modern-Day Stress Looks Like

In our fast-paced world, stress has become almost invisible — woven into daily life. We often normalize constant rushing, overthinking, emotional fatigue, and digital overwhelm. Modern stress can look like:

- Feeling *always* “on” or unable to switch off your mind
- Irritability or emotional exhaustion
- Difficulty sleeping or relaxing
- Overcommitting or people-pleasing
- Feeling disconnected from joy or purpose
- Physical tension in your neck, shoulders, or stomach
- Relying on caffeine, sugar, or screens to keep going

Stress itself isn't always negative — it's our body's way of signaling that something needs attention. But when it becomes chronic, it drains our energy, affects our relationships, and clouds our intuition.

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## 2. Simple Shifts to Manage Stress

Here are a few gentle, effective ways to start releasing stress and restoring inner balance:

### 1. Breathe Intentionally

Try the 4-7-8 technique: Inhale for 4 counts, hold for 7, and exhale slowly for 8. Repeat this 3 times when you feel overwhelmed — it resets your nervous system.

### 2. Ground Yourself

Imagine roots extending from your feet deep into the Earth. Feel its calm, steady energy grounding and supporting you. (This is especially powerful after emotional or busy days.)

### 3. Simplify Your To-Do List

Ask: *What really matters today?*

Cross out the non-essentials. Give yourself permission to rest.

### 4. Check In With Your Body

Where are you holding tension? Shoulders, jaw, chest?

Breathe light and softness into that area until it feels relaxed.

### 5. Refill Your Energy Daily

Even 10 minutes of self-care makes a difference — stretching, walking outside, journaling, or listening to uplifting music.

### 6. Shift from “Doing” to “Being”

Remind yourself that your worth is not measured by productivity. Peace comes when you pause, breathe, and *just be*.

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### 3. Self-Reflection: Understanding Your Stress

Take a moment to tune in and write honestly. There are no right or wrong answers — only awareness.

#### *Part 1: Identify Your Stressors*

1. What are the top 3 things currently causing you stress?

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1. \_\_\_\_\_

○

2. \_\_\_\_\_

○

3. \_\_\_\_\_

2. Which of these do you have control over?

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\_\_\_\_\_

3. Which ones are beyond your control, and may need acceptance or release?

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\_\_\_\_\_

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#### *Part 2: How Stress Shows Up for You*

Tick the ones that apply:

- Headaches or muscle tension
- Difficulty sleeping
- Overthinking or racing thoughts
- Feeling emotional or reactive
- Tired but wired
- Disconnected from your body
- Avoiding people or tasks
- Seeking comfort in food, screens, or substances
- Feeling out of control

What patterns do you notice?

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### Part 3: Calming Your System

What activities, people, or places make you feel calm, safe, and supported?

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When was the last time you allowed yourself to rest *fully*?

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What would “peace” look and feel like for you right now?

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### 4. Energy Reset Practice

Try this quick **3-minute reset** whenever stress builds up:

1. **Close your eyes** and take three slow breaths.
2. **Place your hand over your heart** and say silently:

“I am safe. I am supported. I choose peace now.”

3. **Visualize** a soft golden light surrounding you — clearing away tension, noise, and fear.
4. **Anchor** this light in your solar plexus (your power center), feeling calm confidence return.

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### 5. Integration & Intention

Use this section to capture what you’re learning about your stress and what you’re ready to change:

- One thing I’ll stop doing: \_\_\_\_\_
- One thing I’ll start doing: \_\_\_\_\_
- My new calming mantra is: \_\_\_\_\_
- I will take a pause and breathe when: \_\_\_\_\_

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### Closing Thought

Stress isn’t your enemy — it’s your body whispering that you need care, not control. Each breath you take in awareness brings you closer to balance, clarity, and peace. You are doing beautifully — one mindful moment at a time.

Created by Lara Klopper from Peaceful Mind Creations