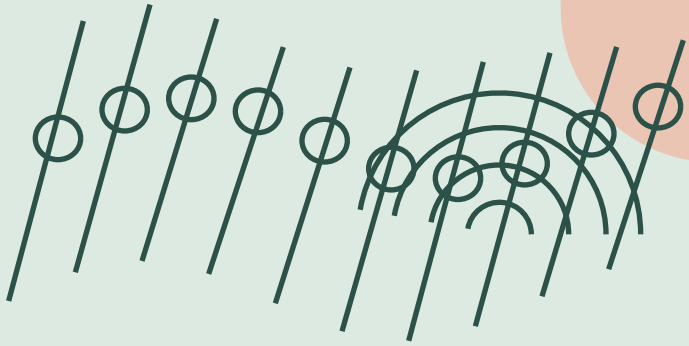
A PRACTICAL GUIDE + PRINTABLE WORKBOOK

The Everyday Mental Wellness Companion

Small Steps Toward Calm, Confidence & Emotional Balance

YOUR SPACE TO RESET



Gentle routines • Anxiety support • Boundaries • Reflection • 14-day reset

A gentle, practical companion for everyday wellbeing.

DIGITAL EDITION | EDUCATION & SELF-REFLECTION

Welcome to your companion

There is no perfect way to care for yourself. Start with one manageable idea, notice what happens, and adjust it to fit your life.

This guide turns overlapping wellness topics across the source collection into an easier-to-use path: understand your signals, choose supportive habits, respond to anxious moments, protect your energy, and build a realistic support plan.

HOW TO USE THIS BOOK

Read one chapter at a time, or jump straight to a worksheet. Choose a single practice to try for a few days. Tracking tools are optional. If recording symptoms increases distress, skip the tracker and focus on support.

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- 01 Mental wellness without perfection
- 02 Understand stress, anxiety & burnout
- 03 Build your daily foundation
- 04 Calm-in-the-moment tools
- 05 Self-talk, boundaries & relationships
- 06 Personal support & when to seek help
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Important: This is an educational wellness resource, not a diagnosis or treatment plan. It is not a substitute for a qualified healthcare professional. If you are in immediate danger, call emergency services. In the United States, call or text 988 for suicide or emotional crisis support.

01 Mental wellness without perfection

Mental wellness is not the same as feeling cheerful every day. It can mean noticing emotions, responding to needs, maintaining important connections, and knowing when support is necessary.

A useful first step is to approach each day with curiosity rather than judgment. Your job is not to score yourself as “good” or “bad,” but to spot what helps and what drains you.

A two-minute personal check-in

☐ What am I feeling right now?

☐ What physical signals am I noticing?

☐ What would make the next hour a little easier?

☐ What is one thing I can influence today?

REFRAME

Instead of “I should be doing better,” try “What kind of support would help me today?”

Write one intention for this week

02 Understand stress, anxiety & burnout

Stress is a response to demands. Anxiety often involves anticipation or uncertainty. Burnout is commonly associated with prolonged unmanaged workplace stress. These experiences can overlap, but they are not interchangeable or self-diagnoses.

Signal	Possible everyday example	Small response
Body	Tension, restlessness, stomach discomfort	Notice needs; try a comfortable grounding practice
Thoughts	Racing thoughts, repeated “what if” questions	Write one worry and one actionable next step
Behavior	Avoiding tasks or saying yes automatically	Shrink the task; pause before committing
Energy	Fatigue, difficulty focusing, withdrawal	Prioritize recovery and consider extra support

Notice a pattern, not a verdict

When does the feeling appear? What happened beforehand? What do you tend to do next? Which responses make things easier or harder? You can learn from these observations without judging yourself.

WHEN THE PATTERN PERSISTS

If symptoms persist, worsen, significantly affect daily life, or concern your safety, seek evaluation from a licensed professional. Some physical symptoms can also have medical causes.

03 Build your daily foundation

Daily habits are supports, not tests of discipline. You do not need to complete all of them. Pick one anchor that fits your actual schedule.

Time	Low-effort option	If you have more capacity
Morning	Drink water and name today’s priority	Add 5 minutes of stretching or writing
Midday	Stand up and unclench your shoulders	Take a brief outdoor walk
Afternoon	Eat something and take a screen break	Reach out to a trusted person
Evening	Dim screens and write one unfinished thought	Create a more consistent wind-down routine

Habit pairing

Tie a desired habit to something you already do: after brushing your teeth, take three easy breaths; after lunch, step outside; when you put your phone away, note one thing you handled today.

My one-habit experiment

After I _____, I will _____ for _____ minutes.

I will make it easier by _____.

If I miss a day, I will _____.

04 Calm-in-the-moment tools

Not every technique works for every person. Try them when you are relatively calm first, so you can decide which feel safe and useful.

Grounding through the senses

Gently notice five things you can see, four things you can feel, three sounds you can hear, two things you can smell, and one thing you can taste. Feel free to skip or modify a step.

Easy-paced breathing

Breathe slowly and comfortably, without forcing deep breaths or holding your breath. Some source materials suggest counted or box breathing; if a method causes dizziness or discomfort, stop and breathe normally.

Move or change your surroundings

Stretch your hands, take a short walk, sit by a window, or reduce noise and notifications. Movement and sensory changes can make room for a more deliberate response.

Name, notice, choose

☐ Name the feeling in ordinary words.

☐ Notice where the feeling appears in your body.

☐ Choose a helpful next step that takes less than five minutes.

MY CALM MENU

One grounding action: _____

One sensory comfort: _____

One person I could contact: _____

05 Self-talk, boundaries & relationships

Resilience does not require pretending everything is fine. It can mean acknowledging a difficult feeling while choosing a workable response.

When your mind says…	You could try…
“Everything will go wrong.”	“There are several possible outcomes. What do I know so far?”
“I should be able to manage.”	“This is a lot. What support or adjustment is reasonable?”
“I have to say yes.”	“I can check my capacity before committing.”

Clear boundaries sound like this

- “I can’t take that on this week.”
- “I’m available to talk tomorrow, but I need to rest tonight.”
- “I appreciate your concern; I’ll make this decision myself.”
- “I’m not ready to discuss that.”

Try a real-world script

The situation I need to address:

One respectful sentence I can use:

06 Create your support map

Support can include friends, family, community spaces, health professionals, and simple activities that reduce isolation. Make a plan before a hard moment arrives.

Support role	Name / option	How I can reach it
Someone who listens		
Practical help		
Professional support		
Low-pressure connection		

When extra help makes sense

Consider speaking with a qualified professional if sadness, fear, loss of interest, sleep changes, or distress are ongoing or disrupt responsibilities or relationships. If you are thinking about self-harm, reach out for immediate support rather than handling it alone.

CRISIS SUPPORT

United States: call or text 988 for the Suicide & Crisis Lifeline. For immediate physical danger, call 911 or your local emergency number. Outside the U.S., use your local crisis service.

One request for help I can make this week:

07 Your 14-day gentle reset

Small experiments, not a rigid challenge. If a day is difficult, rest or repeat any previous practice.

Day	Gentle action	Done / notes
Day 01	Notice your mood without rating your worth.	_____
Day 02	Choose one supportive morning action.	_____
Day 03	Take a brief, comfortable movement break.	_____
Day 04	Identify a common stress signal.	_____
Day 05	Try a sensory grounding exercise.	_____
Day 06	Make one request or set one boundary.	_____
Day 07	Reflect on what felt helpful.	_____
Day 08	Reduce one unnecessary notification.	_____
Day 09	Practice a kinder alternative thought.	_____
Day 10	Spend time outdoors or near natural light.	_____
Day 11	Reach out to a person you trust.	_____
Day 12	Make room for an enjoyable or restful activity.	_____
Day 13	Write your personalized calm menu.	_____
Day 14	Choose one habit to carry forward.	_____

A missed day does not erase anything. Start again wherever you are.

08 Printable worksheet: daily check-in

Date: _____ Time: _____

Today I feel (choose words that fit):

My stress / overwhelm level today (optional): 1 2 3 4 5

Signals I noticed in my body:

What might be contributing to this?

The smallest supportive thing I can do next:

Printable worksheet: stress pattern log

Use this only if tracking helps you. Look for patterns over time, not absolute explanations.

Situation	Thought / feeling	What I tried	What I noticed

One pattern I may want to explore:

A more supportive response I could practice next time:

Printable worksheet: thought reframe

Not every difficult thought is inaccurate. This exercise helps you consider context and possible alternatives, not argue with your emotions.

What happened?

What did my mind tell me?

What facts support that thought? What facts complicate it?

What would be a more balanced way to describe the situation?

Printable worksheet: week-at-a-glance

Day	Mood words	One supportive action	One thing I noticed
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Which moments felt most manageable?

What made things harder?

What will I keep, change, or ask for next week?

Printable worksheet: boundaries & energy

An obligation or interaction that has been draining me:

The limit I would like to set:

A clear, respectful sentence I can say:

What I can do if the limit is not respected:

Someone who can support me in following through:

Printable worksheet: my support plan

When I start to feel overloaded, I may notice:

Three small actions that sometimes help:

People or services I can contact:

An important reminder I want to see on difficult days:

Printable worksheet: nature & seasonal reset

The linked resources include springtime reflections, but these prompts work in any season.

A place where I can notice light, air, or nature:

How I felt before spending time there:

What I saw, heard, or felt:

How I felt afterward (any answer is okay):

A note on the source material & reuse

This companion was newly written and designed as an educational resource that draws on widely shared self-care themes. It does not include promotional offers or third-party links, and nothing in it is offered as a recommendation or promise.

The exercises are intended to be flexible and educational. Any benefit varies across individuals; this guide does not guarantee symptom relief.

A GENTLE CLOSING THOUGHT

You do not need to overhaul your life in a weekend. A small step, a supportive connection, or a well-timed request for help is a meaningful place to begin.

END OF COMPANION