



# THRIVE MENTORING

## GOT STRESS?

A 10-WEEK JOURNEY DESIGNED TO  
REDUCE STRESS & BUILD RESILIENCE

## HELLO & WELCOME!



**[CLICK HERE FOR A](#)**  
**SHORT WELCOME VIDEO**

Welcome! We are so excited to share this 10-week journey with you on stress management. Whether you find yourself in a season of stress and anxiety or peace and contentment, we think these resources will benefit people of all ages.

Truth? Stress is a part of every person's journey...we've all got it. Stress is the body's reaction to a challenge or demand and it is often produced by events, thoughts or uncomfortable feelings. In short bursts, stress can help us avoid danger or live productively. However, when stress becomes chronic, it can take a toxic toll on our health and relationships.

There's good news, though! When we become more self-aware of what causes us stress and how it feels in our bodies, we can do things to lower or eliminate it before it takes control. Our aim with this series is to provide a menu of resources to create awareness and support regarding stress and ways to manage it. Since everyone experiences stress a little differently, no two people can manage it exactly the same. That's why we are offering 10 different topics in this series...while not all of them will be effective for everyone, most people will likely find a couple of strategies that resonate and, once practiced, will become a natural part of their stress reduction process when tricky times arise.

We also feel that the unique relationship between a mentor and mentee lends itself perfectly to discussing these topics as they lead to personal growth and healthy living. We are proud of you for taking this journey and hope that you find these resources valuable as you navigate a new chapter of your life. Ready to dive in? Here we go!

With Love,

*Aubrey & Kayla*



THRIVE MENTORING  
**GOT STRESS?**

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# THRIVE MENTORING WEEK 1

## STRESS & ANXIETY 1.0



### [CLICK HERE FOR A SHORT VIDEO ON WEEK 1](#)

These two words (stress and anxiety) may often be used interchangeably, however, they are actually quite different. Understanding these differences can enable us to better support ourselves and others as we learn ways to advocate for our own health and wellness.

If you've ever experienced stress or anxiety, congratulations...you are human! :) Most people experience some level of stress or anxiety during their lifetime. And while they may share similar symptoms, their origins are different.

Stress is usually caused by external factors, such as a deadline for school or work, a fight with a friend or an unknown variable. Usually, once the situation has passed or a solution is available, the feeling goes away. Strategies like deep breathing, good sleep, time with friends, or other self-care activities alleviate stress.

Anxiety is a reaction to stress and its origin is internal. Experts define anxiety as a "persistent feeling of apprehension or dread" but the catch is that it is typically in response to situations that are not actually threatening. In addition, anxiety typically continues long after the concern has passed. Sometimes people with anxiety find support from talking with a mental health counselor or even from taking medication to reduce symptoms.

If you or someone you know struggles with stress or anxiety, we encourage you to talk with someone you trust to determine the best next step for you as you manage your feelings and thoughts. Remember that you are not alone and help is just a call or text away!



# THRIVE MENTORING WEEK 1

## SYMPTOMS & STRATEGIES

### STRESS



### ANXIETY

#### SYMPTOMS

faster heartbeat  
faster breathing  
upset stomach  
headaches  
dizziness  
anxious thoughts  
uncomfortable feelings  
(i.e. angry, irritable, upset)  
abrupt mood swings  
loneliness  
tense communication

faster heartbeat  
faster breathing  
upset stomach  
headaches  
feeling of impending doom  
uncontrollable thoughts  
sweating  
nervousness  
restlessness  
unexplainable physical pain  
panic attacks

#### STRATEGIES

clear your schedule  
mindfulness exercise  
move your body  
get more sleep  
call/text someone you trust

breathe slowly  
reframe your thoughts  
plan time to worry  
take a break from social media  
consider talking to a counselor



# THRIVE MENTORING

## WEEK 2

### STRESS & ANXIETY 2.0



#### [CLICK HERE FOR A](#) **SHORT VIDEO ON WEEK 2**

Anxiety can be a helpful emotion—it makes us focus on our problems, and work hard to solve them. But sometimes, anxiety gets out of control, and does just the opposite. It paralyzes our ability to solve problems. When this happens, irrational thoughts often play a role. These thoughts are not logical or reasonable, but instead automatic and rooted in worry and fear.

The good news is, with some practice and intention, we can reduce or even remove the power that our anxious thoughts have over us. We are going to practice catching our irrational thoughts, and replacing them with rational, logical alternatives. The goal is that with enough practice, reframing our irrational thoughts will become a natural process that can help manage anxiety whenever it pops up.

In the space below, describe a common situation that triggers your anxiety.  
Example: It's been hours & your friend hasn't responded to a text that you sent.

---

---

---

**PRO TIP:** Consider discussing your answer with your mentor or a close friend.

Anxiety messes up our thinking by causing us to believe the likelihood that something will go wrong, and imagining the potential consequences as worse than they really are. Sometimes, just taking a moment to stop and think about these facts can help us recognize our irrational thoughts.



# THRIVE MENTORING

## WEEK 2

### POSSIBLE OUTCOMES

Imagine you are faced with the anxiety-producing situation that you wrote about on the previous page. In the space provided below, describe the...

Worst Outcome (what is the worst possible thing that could happen?):

---

Best Outcome (what is the best possible thing that could happen?):

---

Likely Outcome (what will most likely happen in this situation?):

---

Now, imagine the worst outcome comes true. Would the outcome still matter to you...

- 1 week from now?    Yes    No    Not Sure
- 1 month from now?    Yes    No    Not Sure
- 1 year from now?    Yes    No    Not Sure

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about giving a speech might think: "I am going to forget everything and embarrass myself, and I'll never live it down."

As someone on the outside looking in, we know that an alternate, more rational thought might be: "My speech might only be OK, but if I do mess up, everyone will forget about it soon enough."

Using your own "worst outcome" and "likely outcome" from above, describe your...

Irrational thought: \_\_\_\_\_

Rational thought: \_\_\_\_\_



# THRIVE MENTORING WEEK 3

## STRESS & SELF-TALK 1.0



### [CLICK HERE FOR A SHORT VIDEO ON WEEK 3](#)

How we talk to ourselves has so much influence and power over how we feel and also how we let others treat us. We can think of it in terms of input and output—if we put positive self-talk into our mind, we will feel good about ourselves, treat others well and also expect them to treat us well.

With negative thoughts, we see the opposite. Feeding our mind with negative, defeating thoughts can lead to depression, poor self-esteem, and anxiety and can also lead us to allow toxic people to stay in our life and treat us badly.

Challenging irrational/negative thoughts can help us change them into something more positive and helpful. Today we are going to use the analogy of putting our thoughts on trial. You are going to be the judge and weigh all the evidence to determine if your negative thought is accurate or if there is an alternative way to view the thought.



THRIVE MENTORING

# WEEK 3

## QUESTIONS TO CHALLENGE NEGATIVE THOUGHTS

**Q1:**

Is there evidence that supports my thought?

List any evidence here:

**Q2:**

Is there evidence against my thought?

List any evidence here:

**Q3:**

Am I reflecting on this situation without all the evidence?

Yes or No?





THRIVE MENTORING

# WEEK 3

## QUESTIONS TO CHALLENGE NEGATIVE THOUGHTS

**Q4:**

What would a friend say about this situation?

Write your friend's advice here:

**Q5:**

What does your mentor say about this situation?

Write your mentor's advice here:

**Q6:**

If I look at the situation positively, how does it change?

Write any changes here:



THRIVE MENTORING

# WEEK 3

## FINAL VERDICT

Weighing all the evidence from Q1-Q6...what's your final verdict?



# THRIVE MENTORING WEEK 4

## STRESS & SELF-TALK 2.0



### [CLICK HERE FOR A SHORT VIDEO ON WEEK 4](#)

Negative environment = Negative thoughts.  
Negative self-image = Negative view of the world.

Fortunately, a process of reframing negative thoughts into positive ones is a simple way to help retrain the brain to think more positively and create a more enjoyable life. Automatic Negative Thoughts (ANTs) are thoughts that automatically enter our brain while we are experiencing everyday situations.

Examples of ANTs:

1. I'm totally going to fail this test
2. Everyone thinks I'm so weird
3. It's obvious she doesn't like me, otherwise she would have said hi

Working with your mentor, what are ways you can reframe the ANT examples above?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now reflect on your own life. What is an automatic negative thought you struggle with? What is a way that thought can be reframed into a positive?

Common automatic negative thought:

\_\_\_\_\_

Reframed positive thought:

\_\_\_\_\_



# THRIVE MENTORING

## WEEK 5

### STRESS & SELF-TALK 3.0

Many of us have negative thoughts, sometimes frequently. When we think like this, our confidence, mood and outlook can become negative, too. The problem with negative thoughts is that they can become self-fulfilling prophecies. We talk ourselves into believing that we're not good enough. And, as a result, these thoughts can drag down our personal lives, our relationships, and our performance at school. But, if we intentionally do the opposite and use positive thoughts about ourselves, the effect can be just as powerful but far more helpful.

Affirmations are positive statements that can help you to challenge and overcome negative thoughts. When you repeat them often, you start to believe them and make positive changes. You might consider affirmations to be "wishful thinking." But try looking at positive affirmations this way: it is very similar to training for a marathon. Most of us can't just get off the couch and go out and run a marathon. We have to train. Gradually improving our time and distance every day, we build our running skills so that eventually, we have trained our body to be prepared to run 26.2 miles. Programming our mind to think positively is similar. Positive mental repetitions require a day by day discipline so we can reprogram our thinking patterns so we begin to think – and act – differently.

Research states that self-affirmation may also help to reduce the effects of stress, low self-esteem, depression, and other mental health conditions. Even more good news, you can use affirmations in any situation where you'd like to see a positive change take place in your life. These might include times when you want to:

- Raise your confidence in your skills
- Control negative feelings such as frustration, anger, or impatience.
- Improve your self-esteem.
- Finish projects you've started.
- Improve your productivity.
- Overcome a bad habit.

The power of affirmations lies in repeating them to yourself regularly. Although it may seem silly, reciting your affirmations out loud several times a day is a great way to improve on your positive thinking (have them pop up in your notifications!).



## THRIVE MENTORING **WEEK 5**

### STRESS & SELF-TALK 3.0



#### **[CLICK HERE FOR A SHORT VIDEO ON WEEK 5](#)**

Affirmation statements usually target a specific area, behavior or belief that you're struggling with. Think about the areas of your life that you'd like to change. For instance, do you wish that you had more patience? Or deeper relationships with your friends and family? Or would you like a more productive school day? Write down several areas or behaviors that you'd like to work on. Be sure that they are matched with the things that matter most to you, so that you'll feel genuinely motivated to achieve them.

Another good way to identify which affirmations to write are by turning negatives into positives. If you are struggling with negative self-talk, write down the persistent thoughts or beliefs that are bothering you. Then choose an affirmation that is the opposite of that thought and belief. For example, if you habitually think, "I'm not smart enough to go to college" turn this around and write a positive affirmation such as, "I am a skilled and hardworking student."

We also want to write our affirmations in the present tense. Write and speak your affirmation as if it's already happening. This helps you to believe that the statement is true right now. For instance, "I am well-prepared and ready to take this test" would be a great affirmation to use if you feel nervous about a test in class.



# THRIVE MENTORING WEEK 5

## STRESS & SELF-TALK 3.0

### Examples of Affirmations

- I am strong.
- I am important.
- I am safe and secure.
- I am intelligent.
- I am allowed to feel proud of myself.
- I deserve to be accepted for my true self!
- I am enough.
- My voice matters.
- I can do anything I set my mind to.
- I am worthy of love and acceptance.
- I can do hard things.
- I am perfect just the way I am.
- I have a bright future.
- My current circumstances are temporary.
- I am valuable just because I am me.
- I can advocate for my needs and feelings.
- I am resilient and powerful.



THRIVE MENTORING  
**WEEK 5**

**MY AFFIRMATIONS**

Your turn! Write down five affirmations that you will repeat daily this week:

① .....

② .....

③ .....

④ .....

⑤ .....

PRO TIP: Hang your affirmations up somewhere you go every day.



# THRIVE MENTORING **WEEK 6**

## STRESS & COMMUNICATION



### **[CLICK HERE FOR A](#) **SHORT VIDEO ON WEEK 6****

Did you know that communication transcends what actually comes out of our mouths? Research states that approximately 97% of what we communicate is non-verbal, meaning it is all of the cues we send without even saying a word (i.e. body language, facial expressions, voice tone, etc).

Communication is such an important part of life as it deeply impacts our relationships with others. Some of us grew up with great examples of how to communicate with others, even in the trickiest of situations. On the flip side, some of us have lacked exposure to healthy communication styles and may have picked up some habits that have been hindering us. Regardless, it is never too late to learn strategies for healthy communication.

Stress can have a significant impact on our ability to communicate effectively. When we are stressed, we often communicate differently than we would when we are calm. We may find ourselves less patient, or even lashing out at someone unintentionally.

When we learn and practice healthy communication techniques, we can avoid breaking down our relationships when stress and other uncomfortable feelings arise. This helps us remain confident and feel in control in our conversations with others.





# THRIVE MENTORING

## WEEK 6

### THE FOUR T'S OF COMMUNICATION

Try reflecting on these 4 T's before your next big conversation with someone:

#### TIMING

- IS THIS A GOOD TIME TO BRING THIS UP? (CONSIDER LOCATION, AMOUNT OF TIME, ENVIRONMENT)
- IS MY STRESS LEVEL HEALTHY ENOUGH TO HAVE THIS CONVERSATION?

#### TONE

- CHECK THE TONE OF...
  - MY VOICE
  - MY BODY LANGUAGE
  - MY HEART
  - MY RELATIONSHIP WITH THE OTHER PERSON
  - THE ENVIRONMENT

#### TECHNIQUE

- TRY A COMPLIMENT SANDWICH:
  - 1) COMPLIMENT.
  - 2) DIFFICULT PART OF CONVO.
  - 3) COMPLIMENT.
- AVOID USING WORDS LIKE "ALWAYS" & "NEVER"
- AVOID BLAMING THE OTHER PERSON. OWN YOUR ACTIONS.

#### TRUTH

- AM I BEING HONEST & TRUTHFUL?
- AM I ALLOWING THE OTHER PERSON TO BE HONEST & TRUTHFUL?
- AM I OPEN & TEACHABLE IN THIS CONVERSATION?

PRO TIP: Try practicing your conversation with your mentor!



# THRIVE MENTORING

## WEEK 7

### COPING WITH STRESS



**[CLICK HERE](#) AND [HERE](#) FOR  
SHORT VIDEOS ON WEEK 7**

Coping strategies are actions we take—consciously or unconsciously—to deal with stress, problems, or uncomfortable emotions.

Unhealthy coping strategies may feel awesome in the moment, but often have long-term negative consequences.

Healthy coping strategies may not provide instant satisfaction, but they lead to long-lasting positive outcomes.

<b>HEALTHY</b> COPING STRATEGIES	<b>UNHEALTHY</b> COPING STRATEGIES
<ul style="list-style-type: none"><li>• Exercise</li><li>• Talking with a mentor</li><li>• Eat healthy</li><li>• Talking to a counselor</li><li>• Deep breathing</li><li>• Time with friends</li><li>• Using problem solving techniques</li></ul>	<ul style="list-style-type: none"><li>• Drug or alcohol use</li><li>• Overeating</li><li>• Putting Things Off</li><li>• Sleeping Too Much</li><li>• Sleeping Too Little</li><li>• Social Withdrawal</li><li>• Self-Harm</li><li>• Aggression</li></ul>



# THRIVE MENTORING

## WEEK 7

### COPING WITH STRESS

DISCUSS THESE EXAMPLE SCENARIOS WITH YOUR MENTOR THIS WEEK:

EXAMPLE

1

Natalia has a research paper due in one of her classes. Because the paper will require so much work, Natalia feels anxious every time she thinks about it. When Natalia distracts herself with other activities, she feels better. Natalia is using the coping strategy of procrastination to avoid her anxiety.



Benji is angry with his mom for not letting him borrow the car to go see his friends. To control the situation, Benji uses insults to put down his mom, and he demands to use the car. When his mom finally caves to Benji's demands, he feels a sense of relief. Benji uses the coping strategy of aggression to avoid the discomfort of feeling out of control and not getting his way.

EXAMPLE

2



EXAMPLE

3

Maddi is sad because her boyfriend of 8 months recently broke up with her. Rather than discuss the feelings with those close to her, Maddi has shut down and will not talk to them or spend time with them. She goes home after school every day and goes right to her room, only coming out to eat dinner. Maddi is using the coping strategy of social withdrawal to hide the sad feelings from her friends and family. Maddi is trying to navigate a very difficult time without the emotional support and friendship, which increases her anxiety and depression.



# THRIVE MENTORING WEEK 7

## COPING WITH STRESS

**USE THE QUESTIONS BELOW TO REFLECT ON THE EXAMPLES FROM PAGE 18**

1) What consequences might show up either now or in the future due to this person's unhealthy coping strategy?

2) What healthy coping strategies could be helpful for this person?

3) What barriers might be preventing this person from using healthy coping strategies?



# THRIVE MENTORING WEEK 7

## TAKING IT DEEPER

### FEEL FREE TO DISCUSS YOUR ANSWERS BELOW WITH YOUR MENTOR

Write down a problem you're currently dealing with:

List two unhealthy coping strategies you're using:

1)

2)

List two consequences of the unhealthy coping strategies:

1)

2)

List two healthy coping strategies you could use instead:

1)

2)



# THRIVE MENTORING WEEK 8

## DE-STRESS THE MESS



### **CLICK HERE AND HERE FOR SHORT VIDEOS ON WEEK 8**

For some strange reason, when the phrase "self-care" pops up, many times our minds automatically picture mani/pedis, massages and bubble baths. While self-care can definitely incorporate those elements, it is so much more than that!

Self-care is anything that we purposely do to take care of our emotional, physical and mental health. While it sounds simple, it is actually something many people struggle to put into practice. Studies show that those who implement self-care into their daily lives experience less stress, feel better about themselves, and experience better relationships with others. What are some keys to self-care, you ask? We've listed 3 below to get you started:

1) **Reflect:** You know yourself better than anyone. When deciding what types of self-care feel best to you, start with reflection. Pick things you can actually see yourself doing (things that feel good to YOU) rather than just doing what your friends and family do...this will be a key part of your success over the long-haul.

2) **Start Slow:** When you decide to make self-care a priority, it may be helpful to pick one thing to implement per day/week. For example, committing to going for a 15 minute walk each evening or planning to cook a yummy meal at home once a week. Simple changes can make a big difference!

3) **Plan Ahead:** When we get busy, often the first thing to come off of our priority list is our own self-care. When this happens consistently, we end up burning out. When you schedule self-care into your calendar, you ensure you're putting yourself first consistently. When you feel good, your loved ones do too!



THRIVE MENTORING

# WEEK 8

## SELF-CARE: MORE THAN BUBBLE BATHS

### *movement*

- Walking
- Biking
- Skateboarding
- Running
- Weight Lifting
- Tai Chi
- Yoga
- Jump Roping
- Sports
- Dancing

### *wellness*

- Make a new recipe
- Keep regular doctor visits
- Choose the salad bar
- Eat more fruit
- Drink more water
- Get 8 hours of sleep
- Take a nap
- Set boundaries
- Say "no" to things you don't like to do

### *relaxation*

- Go fishing
- Paint or Draw
- Do Sudoku
- Create something new
- Go for a hike
- Look at the clouds
- Read a good book
- Take a bubble bath
- Paint your nails
- Skip rocks on the lake

### *fun*

- Spend time with friends
- Watch a movie
- Find a new Netflix show
- Share a meal with someone
- Invite someone to coffee
- Play Houseparty
- Call your mentor
- Send a postcard
- Paint your room
- Find self-care IG accounts



# THRIVE MENTORING WEEK 9

STRESS LESS. LIVE MORE.



## [CLICK HERE FOR A SHORT VIDEO ON WEEK 9](#)

What is the pathway to a healthy life? Joining CrossFit? Becoming a vegan? Being more aware of your global footprint? Signing up for yoga? Hiking more?

While health and wellness may incorporate some of these things, it really is better defined as a lifestyle rather than individual choices in one's life. Similar to self-care, health & wellness is a phrase that is used broadly, but rarely closely examined or purposely reflected upon in our fast-paced society.

The definition of health is deeper than our physical well-being...it also speaks to the mental and social aspects of our bodies.

Wellness is defined by the World Health Organization as "the optimal state of health" as well as "a positive approach to living". Wellness has eight diverse components, including: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual.

Experts say that health and wellness are deeply connected as they greatly impact one another. For example, if my family has a predisposition to heart disease, I may want to protect my health from an early age by adding in physical wellness components such as eating a well-balanced diet, visiting the doctor regularly and incorporating a daily exercise routine.

Interested in learning more about the connection between health, wellness and stress reduction? Let's take a peek at some resources that can get you started on your journey to feeling your best and living life to the fullest!





# THRIVE MENTORING

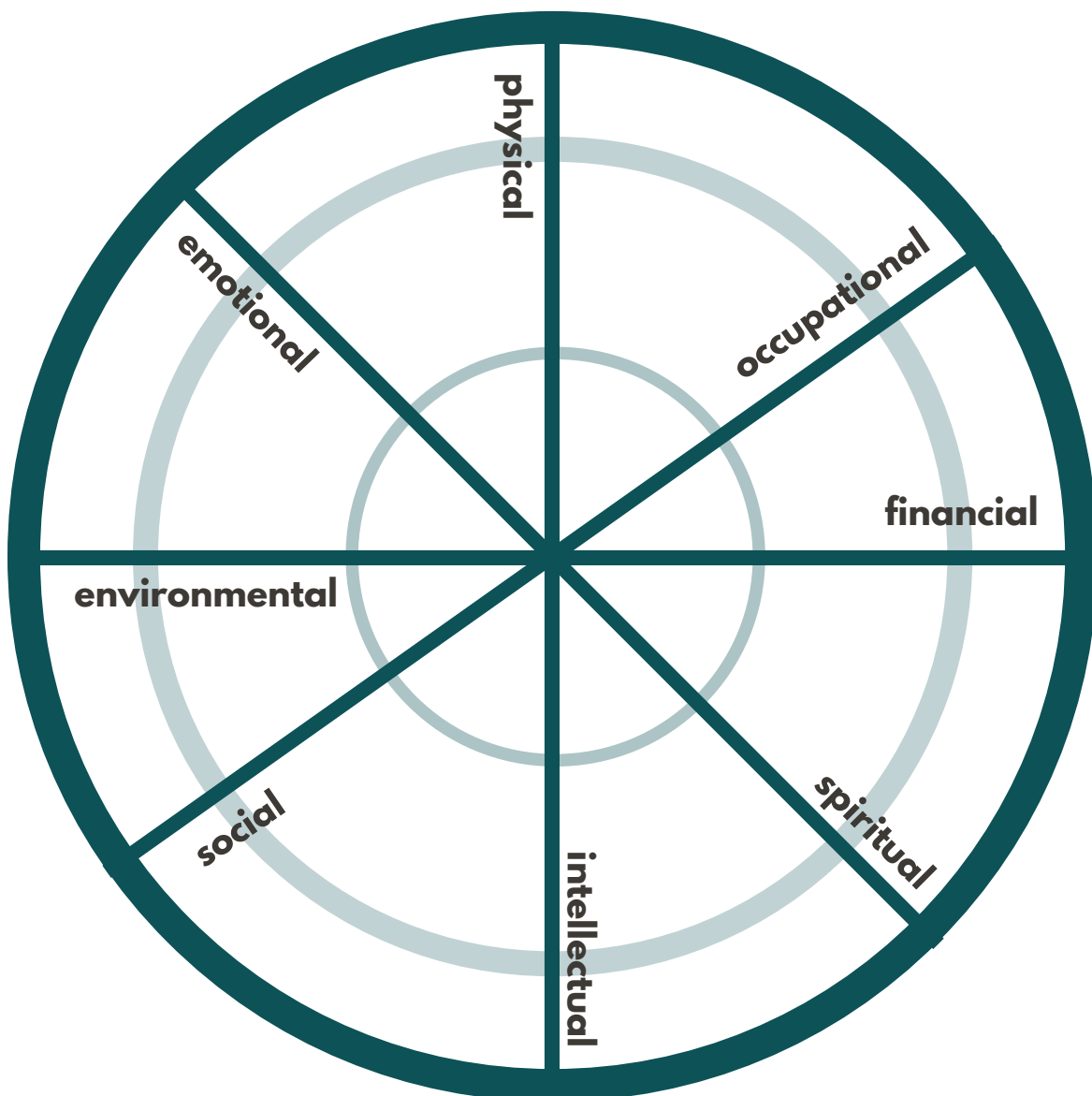
## WEEK 9

### THE WELLNESS WHEEL

Your personal wellness is like a wheel. Each section represents a component of health. A great first step in assessing your overall wellness is to rank yourself in each component.

Based on your self-assessment in each component, fill in the circles below:  
the smallest ring = low; the middle ring = average; the outer circle = high

**NEED MORE INFO ON THE 8 COMPONENTS? [CLICK HERE](#)**





# THRIVE MENTORING WEEK 10

## EXTROVERTS & INTROVERTS



### **CLICK HERE FOR A SHORT VIDEO ON WEEK 10**

Has anyone ever asked you whether you are an extrovert or introvert? Has someone you know classified you as one or the other...maybe even without your consent? :) Or maybe you have taken the Myers Briggs before and know you're an ISTJ or an ENTP.

While there is so much more to us than our tendencies toward the inner or outer world, this spectrum can be a helpful tool for those who are interested in learning more about themselves and how they relate to others.

What is an extrovert, anyway? Well, most sources define an extrovert as someone who gains their energy by being around others. If you asked an extrovert what their ideal Friday night looked like, it might include a social gathering of some sort...a party with friends, dinner at a busy downtown restaurant or heading to the crowded high school football game.

Introverts, on the other hand, are categorized as people who gain their energy by spending time alone. An introvert's idea of a great Friday night could be an evening spent at home with a good book, watching a movie with a friend or even going for a walk with their favorite Pandora playlist on.

So what does all this matter anyway? Great question! Regardless of whether you're an introvert, extrovert or somewhere in between, we each navigate our experiences differently, including how we respond to stress.

While extroverts might want to verbally process their feelings with their friends when they're under stress, introverts might need some time to step back, decompress and reboot. On the next two pages, we've provided information on how different types experience and manage stress.

**CHECK IT OUT! Interested in finding out your extrovert/introvert tendencies?  
TAKE THIS QUIZ TO LEARN MORE: [E/I QUIZ](#)**



THRIVE MENTORING

# WEEK 10

## STRESS MANAGEMENT: EXTROVERTS

### CARING FOR *extroverts*

**GIVE TIME & SPACE FOR VERBAL PROCESSING**

**ENCOURAGE MINDFULNESS ACTIVITIES**

**SHARE SELF-CARE STRATEGIES**

**ENCOURAGE SOCIAL TIME**

**MAKE AND DELIVER A MEAL**



THRIVE MENTORING

# WEEK 10

## STRESS MANAGEMENT: INTROVERTS

### CARING FOR *introverts*

OFFER REMINDERS OF THE "BRIGHT SIDE"

PROVIDE SPACE FOR INTERNAL REFLECTION

ENCOURAGE SELF-COMPASSION

HELP DEVELOP AND RESPECT BOUNDARIES

REFLECT ON ASSETS, STRENGTHS & GROWTH