



# Your Cortex Culture Kit

## Stressed for Success Phase 1

### Stress and Anxiety:

### Embracing the Pressure When the Pressure is On

### Participant Worksheet

Phase 1 Outline:

Check-In

Identifying Your Current Stressors

Recognizing the Signs of Stress

Reframing Stress: A Strength-Based Approach

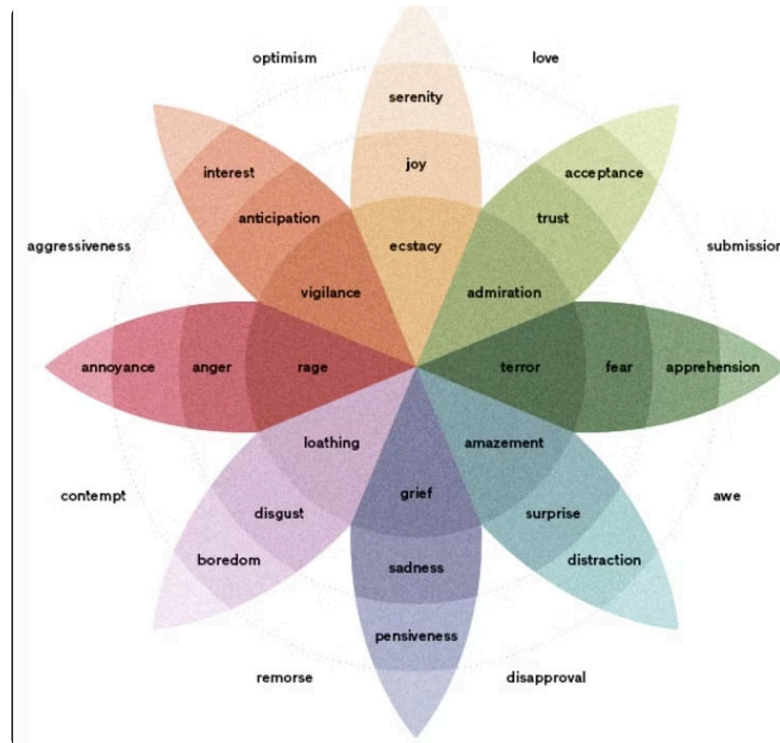
Action Planning & Group Discussion

Final Reflections

# 1. Let's Check-In

Which **2 emotions are present for you right now** as you enter this session? (Write or circle them)

If not listed, write your two emotions here: \_\_\_\_\_, \_\_\_\_\_



## Mindfulness Moment

Take 60 seconds. Close your eyes. Breathe. Simply notice your body and mind.

## 2. Identifying Your Current Stressors

What do you believe is causing you stress right now? Write freely below:



### Common Sources of Stress

- Work or school demands
- Financial concerns
- Relationship challenges
- Health issues
- Major life changes
- Time management

### Reflection Space

Use this area to identify your personal stressors. Consider both obvious and subtle sources of stress

# 3. Recognizing the Signs of Stress

## Physical Indicators

Check all that apply:



### Energy & Sleep Issues

- Consistent low energy
- Insomnia
- Using too much caffeine



### Physical Pain

- Chest pain
- Headaches
- Aches or pains
- Back Pain



### Digestive Issues

- Stomach issues
- Indigestion
- Constipation



### Other Symptoms

- Nervousness or ringing in the ears
- Teeth grinding
- Frequent colds
- High frustration
- Low libido

### Your Personal Stress Signals

### Notes

Behaviors (What actions do you take?)


Sounds (What do you say?)


Feelings (What emotions do you experience?)


Impact (Who do you affect?)

# 4. Reframing Stress: A Strength-Based Approach

Use the table below to reflect on practical ways to reframe and reduce stress in your life.







### Simplify

**Prune** what you can

**Turn off notifications**

**Create digital time outs**

### Strategize

**Solve** what you can

**Prioritize** outcomes first

**Plan for breakdowns**

### Self-Care

Plan to **power down**

**Connect** with others

**Do something you enjoy**

**Laugh** out loud at yourself

Empowering Action	How & When Will You Do It?
Prune what you can	_____
Turn off notifications	_____
Solve what you can	_____
Prioritize outcomes	_____
Plan for breakdowns	_____
Plan to power down	_____
Connect with others	_____
Do something you enjoy	_____
Laugh at yourself	_____

# 5. Action Planning & Group Discussion

What's one small step you'll take today to reduce or manage your stress?

1

## My Action Step

Write down one specific, achievable action you can take today:

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2

## Support System

Are you willing to ask for help?

- ☐ Yes
- ☐ No
- ☐ Not sure

# Final Reflections

Use this space for any notes, key takeaways, or quotes you want to remember:

## Key Insights

Record the most important realizations you've had during this session:

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## Helpful Quotes

Write down any meaningful quotes or phrases that resonated with you:

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