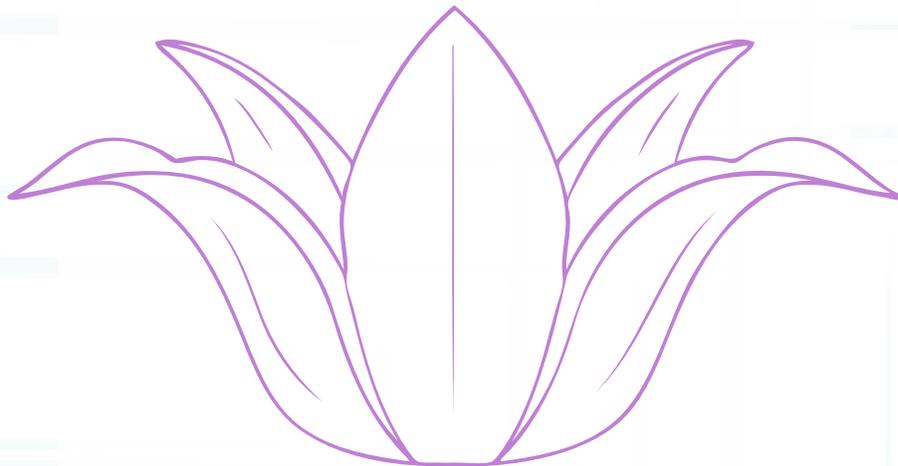


The Worrying Wife

self-care
WORKBOOK

PUT YOUR WORRIES AT EASE



theworryingwife.ca

CONGRATULATIONS!

By having come across this workbook, you have decided to
focus on the most important person IN YOUR LIFE;
YOU

That, on its own is cause for celebration - CONGRATULATIONS!
You took the first step of your journey to finding a little peace in
the chaos around us!

This workbook was created to help you, dear avid worrier, find
some peace in your priorities. Give yourself the respect
deserved to dig a little deeper every day so that you can
continue taking on the world with (hopefully) one less worry.

I can't thank you enough for entrusting me to take away some of
your worries and help you get to the point of having an
essential 5 minutes of "me-time" a day!

Don't forget to share your #WorryingWifeWorksheets with me
on Instagram, Twitter, and Pinterest!

- MK

DISCLAIMER

Please note, that the information provided by TheWorryingWife, or through links to other sites, is not a substitute for medical or professional care, nor should you use the information provided in place of a visit, call, consultation or the advice of your physician or other healthcare professional.

This workbook is a means of connecting and sharing experiences through grief and anxiety and how to manage at home during times of uncertainty.

Please seek the advice and help you need from a medical professional in order to best tackle your own personal struggles and challenges.

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Define It For Yourself

Just so we are all on the same page, below is a list of words and concepts you may see throughout this book and your self-care journey in general. To establish what it is you want to personally tackle, I challenge you to define the word as it pertains to YOUR life. How would you define it? What does it look like?

Self-Love

is about making a conscientious effort to love you for YOU! No ifs, ands or buts - and definitely no "Sorry" for being yourself



Self-Care

is the actions you put in place to maintain a healthy and stable relationship with yourself.



Gratitude

is needed to train positive emotions. Showing appreciation and returning kindness can over time improve both physical and psychological well-being



Trigger

is ultimately an external factor that produces, emotional, physical and/or psychological discomfort resulting in your anxiety, discouragement, despair, panic etc.



Stuck-Points / Barriers

are the most annoying things on the planet! These are the justification statements you love to use on a daily basis. These are not the feelings, behaviours or events - but the "should've, could've, would've"s in your life

DAILY Diagram of Priorities

What are you going to do today that is solely for yourself? Fill in the circles, to keep track of your priorities in all three categories. Yes, they will most likely overlap one another. I've thrown in a couple of ideas to help get you started!

BODY

- Go for a walk
- 15 minute yoga flow/stretch
- At home spa treatments
- Catch some ZZZ's
- DRINK WATER - your body will thank you

MIND

- Listen to a podcast
- Read (recipes, books, blogs)
- Learn a new language
- Start that creative project you haven't stopped thinking about

- Meditation
- Bible study
- Have some quiet time
- Explore outside
- Connect with a loved one

SOUL

Tip: If you don't have time in the morning, take 5 minutes before bed to set your intentions for the next day.

You've Got Things To Do

Now that you have a general idea of the direction you're going in for the day, plan out your day so that you aren't overwhelmed. How much would it suck if your "me-time" felt more like a chore and less like a worry-free moment.

Hydrate 
Gentle reminder: you need more - that's not enough!

S M T W T H F S

Absolute Must

Should but not a must

Mood

- 1 No one talk to me
- 2 Meh, I'm ok
- 3 Good Vibes
- 4 No mess, no stress

Today, I give thanks for...

1

2

3

Budget + Bills To Pay Today

Appointments I now regret setting but still gotta go to

"Me Time"

Did you know: Practicing gratitude helps build positive emotions while enhancing empathy and reducing aggression

Tip: Organize your tasks into further categories (to write, to email, to plan) and complete by category to have more productivity

Let's Talk Intentions

If you're struggling to write/think of intentions, chances are, you're probably doing it right and just have to listen a little deeper. It's not at all meant to be easy. Intentions are the guiding principles, or quality goals by which to structure your life and well-being around. They are often easy to come up with ("I intend to live a kinder life") but difficult to narrow down. Try to set at least one intention daily - and follow up by setting monthly or yearly intentions to ensure you stay on track.

Daily

Monthly

Yearly

A large graphic of a folded sheet of paper with three sections labeled Daily, Monthly, and Yearly. The paper is outlined in a teal color and has a slightly wavy, folded appearance. Each section is a large, empty rectangular box with a thin teal border, intended for writing intentions.

Still unsure? Think of...

- ...a bad habit you want to break
- ...a new skill you want to achieve
- ...a person you hope to (re)connect with
- ...a good deed you hope to achieve
- ...a book you've been eyeing
- ...a healthy reaction you want to attain

Note: Think of activities that make you happy, or what is no longer serving a purpose to your life

Daily Essentials

In order to stay on top of your intentions, create your own list of daily essentials. These are on your to do list every day. Regardless of what is happening in your life, the items on this list appear as a reminder of your intentions. These are the goals before achieving the goal, so to speak. I've given you my own list below.

Please Note: These are NOT MUST DO's; these items are here simply to keep you on top of your intentions. It's okay if you can't complete each one every single day. After all - no two days are the same, especially when it comes to our worries.

Melanija's Daily Essentials

PRAYER + GRATITUDE
VITAMINS AFTER BREAKY
YOGA (20 min)
REFLECTIVE WRITING
FAMILY TIME -
HUSBAND APPRECIATION

My Daily Essentials

Something my body needs daily is...

Something my mind needs daily is...

Something my soul needs daily is...

Dive A Little Deeper

Below you will find a list of questions that tear apart your worries. I like to use these questions when my anxiety is heightened and my worries seem to be doubling by the minute. We've all had worries that are valid - and one's that are just downright unrealistic. Hopefully by using these questions, you will be able to dissect the how and why your worry exists, allowing you to preventively keep this worksheet in mind for the next time it pops into your head, and to ultimately learn from your own thoughts.

Tip: Try to write out your answers (pen to paper)

What am I worried about?

Has my worry helped me solve any problems thus far?

Does the worry line up with my intentions? (Daily, Monthly, Yearly)

Am I a better person for having this worry?

Is my worry a habit?

Has my worry ever become a reality? If so, when/how?

How did the reality of my worry affect my behavior?

Was I content with how I acted/felt?

How can I help myself (when it reappears) so that I do feel content/satisfied with my actions and emotions?

What is that feeling?

We can all agree that our emotions get the best of us sometimes - they know exactly how to ruin your day (& potentially your nights if you're like me and overthink every emotion while trying to fall asleep). Below I've given you the four steps that are often used to help us get to the core and work through our emotions.

Label it

Give a name to the emotion (worried, anxious, panicky etc.) and try to describe it in a number of words

Identify it

What was your trigger? Where were you when you felt the emotion take over - what were you doing?

Question it

Challenge your reaction to the situation - is your feeling appropriate? Is the situation out of your control?

Reset it

Understand the entire scenario: "When I felt (worried) I...(lashed out)" and ask yourself what you wish you had done instead

Label it:

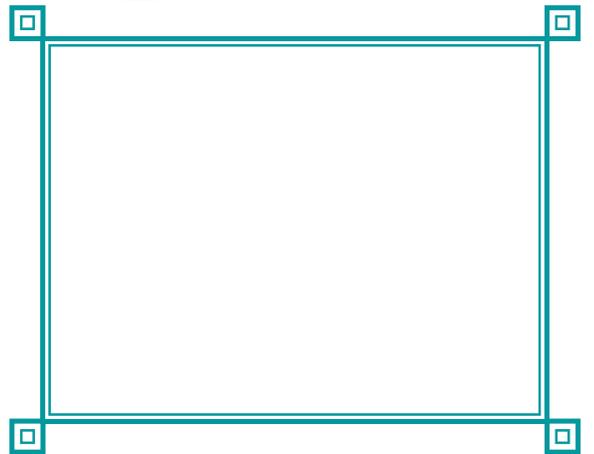
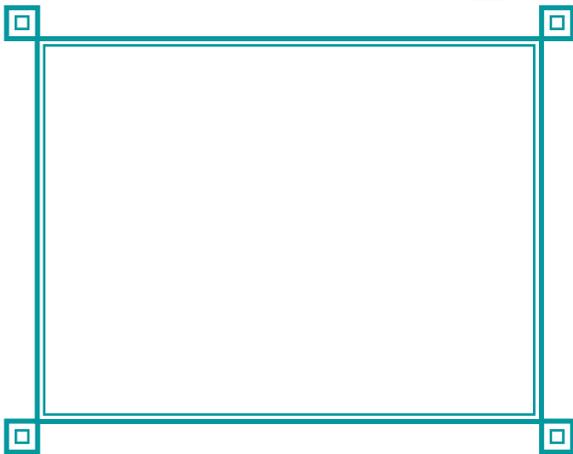
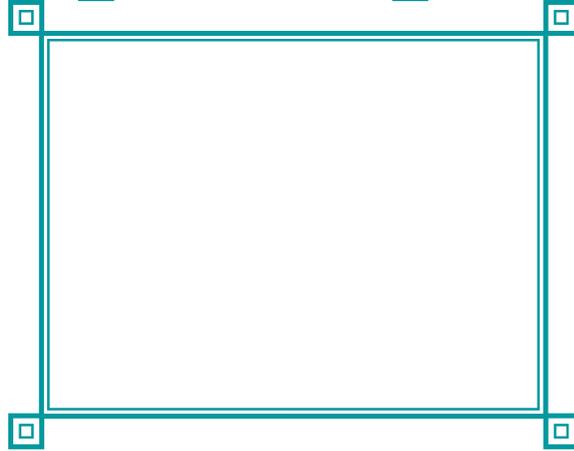
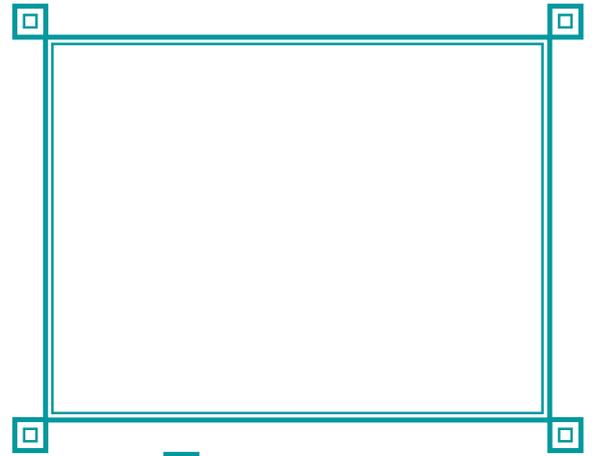
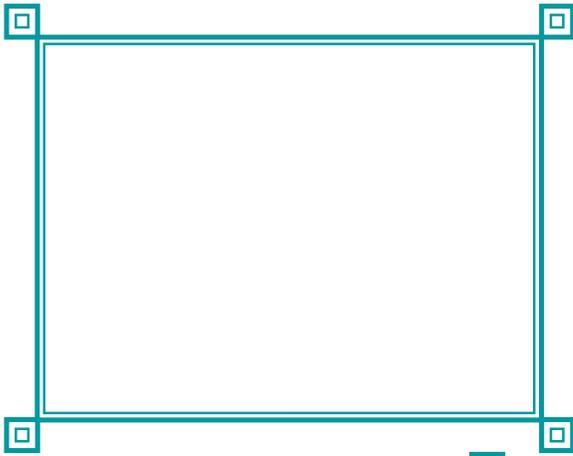
Identify it:

Question it:

Reset it:

Good, Lovin' Vibes

By examining the things you love about yourself, you're simultaneously boosting your self-confidence while training your subconscious mind to access positive beliefs. Quick - I want 5 things you TRULY love about yourself. Don't give me that ..."I like my eyes"...I want the juicy stuff...for example - "I love that I can take a minute to appreciate the beauty in the world around me" or "I love that I set intentions to be kinder"



Habit Tracker

If you aren't already tracking your habits - you are missing out! I track to make sure everything is running like a well oiled machine. I've given you a template on the next page - but don't just settle for tracking habits...Use this template to track your vitamin or medicine intake, your headaches, moods, foods and realistically anything else you can think of. I've left everything open for you to fill out and color code in whatever way will satisfy your needs!

3 reasons to track your habits



- Tracking promotes success and positive healthy habits
- It creates a visual cue to hold you personally accountable for your own habits
- Ultimately, it helps move you towards your goals and intentions

Similar to your habits, tracking your triggers gives you the opportunity to understand what is maybe setting you off, leaving you in tears, or producing heightened anxiety

Trigger Tracker

FOR UNDERSTANDING & ANALYSING YOUR DAILY TRIGGERS

What Happened? Explain the event:

What was your trigger?

"My loved one
said ..."

Why was this your trigger?
Define your "Stuck-Point"/Barrier

"I felt like I had to defend
myself ..."

What was the consequence of
your trigger experience?

"I went into defense
mode;
crying, yelling ..."

Are my thoughts in the second column realistic?

What can you tell yourself on such triggering occasions in the future?

Bonus 1

Stronger than yesterday

GIVE YOURSELF THE CREDIT YOU DESERVE!

Think about a time where you felt overwhelmed/scared/worried -

What helped you stay strong? (Thoughts, attributes, people?)

Are those things available this time around? Have you used your own strength to fight it? You've made it through every problem in your life so far!

Bonus 2

You only need yourself

Sometimes all we need is a change in perspective to get the answers we're looking for

What would you say to a friend that approached you with the problem your facing? How would you help console them - give them comfort, and ultimately help them go through their problem?

Bonus 3

Avoidance = Annoyance

We all do it at some point - avoid our feelings, our overwhelming tasks. Let's break it down a little further to make sure it happens less often!

Are you avoiding anything at the moment?

Why are you avoiding it? What feelings make you want to avoid it?

How would you feel if you were to solve the feeling/task you are avoiding?

Write the small steps you need to take to successfully complete or overcome the task or feeling

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Bonus 4

Prompts to tackle your worries!

I've given you 10 writing prompts below to journal about once a day - (or however many you please). Each prompt is set to help you dig a little deeper into your own mindset and hopefully come across things that matter the most to you your hopes.... your dreams, and ultimately your aspirations in life!

Name 5 hidden talents no one knows about you...Why are you not sharing that with the world?

Who inspires you - What qualities do they have that intrigue you?

What were your highs and lows of the month? Why were they so?

If your younger self could see you now - what do you think they would tell you? What would you say back?

What strategies have you used to cope with anxiety? Rank these coping strategies from 1 to 10; 1 being the least effective and 10 being the most effective for anxiety relief.

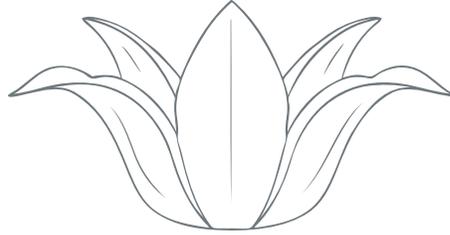
Write down at least 10 activities you can do to give yourself better self-care.

Think of someone who has caused you pain. Write a letter to this person explaining that you forgive them. You can give this letter to them or just do it as an exercise for yourself.

What have you learned from worries? Write about the three greatest lessons you have been given by your worries.

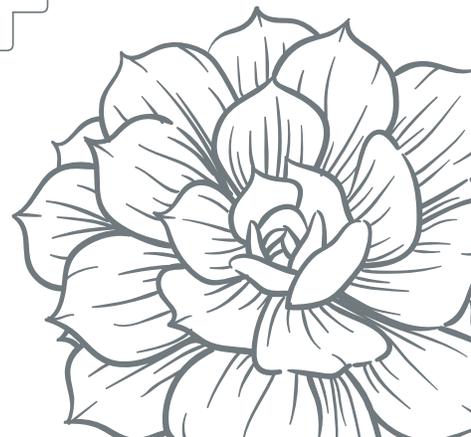
Make a list of values that are important to you. Look at your loved ones - what are some of their values?

Is there a situation or person that you need to let go of? Write your reasons for holding on to it.



“YOU HAVE A
LOT OF
ENERGY TO
GIVE - SAVE
SOME FOR
YOURSELF”

Vex King



Gentle Reminder

You've made it to the end of this workbook! I hope it has been able to help you see a different (more positive) side to your worries. I wanted to take a moment to remind you, that

YOU ARE NOT ALONE
YOUR EMOTIONS ARE VALID
WE CAN GET THROUGH THIS TOGETHER

This is your gentle reminder that help is always at your fingertips. If you feel like you can't do it on your own, please do not hesitate to reach out to a medical professional. You should never be ashamed of your worries - they are only present to help you learn and grow into the strong, inspiring human being you've ALWAYS been.



This workbook is just the beginning of my journey into hopefully spreading a little more positivity and self-love into the world. (I'm all about that positive ju-ju)

If you would like to see more content, head over to my site where you will find a handful of free worksheet templates, follow along my own daily struggles and life lessons, and links to all of my favourite reads, goodies and resources for self-love and mental health!

Thank you for supporting my journey and feel free to reach out over my page, Instagram, Twitter or Pinterest! I love to hear and share your stories and thoughts!

theworryingwife.ca

-MK

TheWorryingWife