

■ Create your own stress-busting plan

Stress is part of life. You cannot always stop it showing up, yet you can change how you respond when it does.

This week, you're creating your **Rescue Menu** — a list of simple, soothing, steadying things you can turn to when stress starts rising.

The aim here is to begin noticing what helps **you** feel clearer, in control and less stressed.

Everybody is different. What works beautifully for one person might do very little for someone else.

This worksheet is about helping you build a menu that feels personal, realistic and easy to reach for in real life.

Step 1: Notice what stress feels like for you

Before you build your menu, take a moment to check in.
When stress starts rising, what do you notice first?

You might notice it in your:

- Thoughts
- Body
- Mood
- Urges
- Energy
- Sleep
- Concentration

My early signs of stress are:

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■ Step 2: Build your Rescue Menu

Below are a few different types of support. As you read through them, write down what feels helpful, comforting or doable for you.

1) Be active

Movement may not remove the source of stress, though it can soften the emotional charge around it. It often helps clear your mind and gives you space to deal with things.

This does not have to mean a full workout. It could be a short walk, stretching in the kitchen, dancing to one song, or getting outside for ten minutes.

When I need to shift stress through movement, I could:

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2) Connect with people

A good support network can make hard moments feel lighter. Friends, family, colleagues or your Slimpod community can help you feel seen, heard and less alone.

Sometimes a conversation brings comfort. Sometimes it brings a new perspective. Sometimes it simply reminds you that you do not have to carry everything by yourself.

The people I can turn to are:

What helps me most when I connect is:

3) Have some “me time”

When life feels full, stepping away can seem unhelpful. Yet often that pause is exactly what helps.

A little space can improve concentration, settle your nervous system and help you return with a clearer head.

Your version of “me time” might be creative, playful or restful. It might be being near water, sitting in the garden, reading, having a bath, or simply drinking tea without rushing.

Things that help me come back to myself are:

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One small way I can create more me time this week is:

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5) Look for what is still going well

When stress is high, your brain can become very good at spotting what is wrong. This is why writing your wins still matters so much.

These moments matter. They help train your brain to notice progress, not only problems.

My favourite wins have been:

1:

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2:

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3:

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4:

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5:

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Step 3: Create your personal Rescue Menu

Now gather your ideas into one simple list you can return to when stress hits.

My Rescue Menu

When I feel stressed, I can choose to:

- 1:
- 2:
- 3:
- 4:
- 5:



Step 4: Make it easy to use

A Rescue Menu only helps if you can actually reach for it in the moment.

Where will I keep my Rescue Menu?

Phone / notebook / fridge / desk / handbag / other:

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