



GRATITUDE CIRCLE

GRATITUDE • SELF-CARE • PERSONAL GROWTH

The Gratitude Circle Stress-Management Workbook

A practical, self-guided resource for managing stress,
developing healthier routines, and practicing
gratitude with self-compassion.

*A calmer mind
creates a brighter
tomorrow.*



Identify
Stress Triggers



Breathing &
Grounding
Practice



Control,
Influence &
Acceptance



Gratitude
Prompts



Daily
Self-Care
Checklist



7-Day
Habit-Building
Plan



Reflection
& Next Steps

SMALL STEPS • LASTING WELL-BEING

Welcome to your reset

Stress is a common response to demands, uncertainty, change, or feeling that resources are stretched. The aim of this workbook is not to eliminate every stressful feeling. It is to help you notice your patterns, make space before reacting, and choose practical next steps.

How to use this workbook

Move through the pages in order or choose the tool that fits your day. Keep your answers simple and honest. Five minutes of practice is enough to begin; consistency matters more than perfection.

A quick check-in

Pause for a moment before you begin. There are no right or wrong answers.

Right now, my stress level feels (circle one): **1 2 3 4 5 6 7 8 9 10** (low → high)

Where do I notice stress in my body, thoughts, or behavior?

What would feel supportive today?

Keep it gentle. If an exercise makes you feel more uncomfortable, pause, open your eyes, look around, and return to a familiar activity. You can skip any prompt that does not feel useful.

1. Notice your stress triggers

A trigger is a situation, thought, sensation, or demand that tends to activate a stress response. Identifying patterns can help you plan support earlier—not blame yourself for feeling stressed.

Common stress triggers

- Too many tasks or unclear priorities
- Time pressure, lateness, or frequent interruptions
- Conflict, difficult conversations, or feeling misunderstood
- Uncertainty or changes I cannot predict
- Work-life boundaries that feel stretched
- Poor sleep, hunger, lack of movement, or too little downtime
- Financial, family, caregiving, or health-related worries
- Comparing myself with others or expecting perfection
- Too much news, social media, or screen time
- Something else: _____

My trigger detective worksheet

Situation / trigger	What I noticed (thought, feeling, body)	What might help next time?

Reflection: Is there an early sign that tells me stress is building—for example, tense shoulders, racing thoughts, irritability, or difficulty concentrating?

2. The five-minute reset

This short practice combines comfortable breathing with sensory grounding. Slow, unforced breathing and bringing attention to the present moment may help some people feel steadier. There is no need to take unusually deep breaths or get the timing perfect.

MINUTE 1 • ARRIVE

Sit or stand in a comfortable position. Let your shoulders soften if that feels okay. Notice the support beneath your feet or body.

MINUTES 2–3 • BREATHE GENTLY

Breathe in comfortably through your nose if possible, then breathe out slowly without forcing it. Try a natural, easy rhythm. If counting helps, breathe in for about 3 counts and out for about 4—adjust or stop counting if uncomfortable.

MINUTE 4 • GROUND YOUR SENSES

Notice: 3 things you can see, 2 things you can feel against your skin, and 1 sound you can hear. Let your attention rest on ordinary details.

MINUTE 5 • CHOOSE ONE NEXT STEP

Ask yourself: “What is one small, helpful thing I can do next?” It might be drinking water, sending a message, taking a short walk, or postponing a non-urgent task.

After the reset

Before: my stress level (1–10) _____ After: my stress level (1–10) _____

What did I notice? What, if anything, felt helpful?

If focusing on breathing feels uncomfortable, skip it and ground yourself by looking around, naming objects, or feeling your feet on the floor. Stop if you feel dizzy or distressed. This is a self-care exercise, not a treatment for a medical condition.

3. Control, influence, or accept?

Stress can grow when we spend energy trying to control what is outside our reach. This worksheet is a way to clarify where your effort may be most useful. Acceptance does not mean approval or giving up; it means recognizing reality before choosing your response.

I CAN CONTROL

My next action, what I say, how I prepare, whether I ask for help, and the boundaries I communicate.

I CAN INFLUENCE

A conversation, a shared plan, or an outcome that depends partly on other people. I can contribute, but I cannot guarantee the result.

I MAY NEED TO ACCEPT

The past, other people's choices, uncertainty, delays, or facts I cannot change right now. I can still choose how I care for myself.

Choose one concern

The situation I am carrying:

What part is within my control? What is one realistic action I can take?

What might I influence by communicating, collaborating, or asking for support?

What is outside my control today, and how can I respond with care?

4. Compassionate gratitude

Gratitude is not pretending everything is fine. It is the practice of noticing something meaningful, supportive, or good alongside whatever else is true. You can feel worried and grateful, sad and connected, tired and proud of one small effort.

"I can acknowledge what is difficult and still make room for what sustains me."

Choose one or two prompts. Write a word, a sentence, or a few lines.

- What is one small comfort I can appreciate today?
- Who has helped me feel supported, even in a small way?
- What strength have I used to get through a difficult moment?
- What is something my body or mind may be asking me for?
- What ordinary moment would I like to notice more fully?
- What have I learned about my needs or boundaries?
- What is one thing I do not have to solve today?
- What can I appreciate without denying what is hard?

My gratitude note

Today, I am holding _____ with compassion, and I am grateful for _____.

A small action I can take to care for myself or someone else:

You do not need to find a silver lining in every experience. If gratitude prompts feel forced today, it is okay to focus on what you need and return to them another time.

5. My daily self-care checklist

Use this as a menu, not a measure of success. Choose what is realistic for your day. Small, repeatable actions often fit better into busy lives than an all-or-nothing routine.

- I took a brief pause between tasks.
- I drank water and ate in a way that supported my energy.
- I moved my body or spent a little time outdoors, if possible.
- I took a few comfortable breaths or grounded my attention.
- I identified my top one to three priorities.
- I took a break from news, notifications, or screens when useful.
- I reached out to someone or asked for help if I needed it.
- I protected a boundary or made room for rest.
- I noticed one thing I appreciate—or named what I need without judgment.
- I made a simple plan to wind down for sleep.

My minimum-care plan for a busy day

If the day becomes overwhelming, the three small things I can still aim for are:

One thing I can make easier by preparing in advance:

A reminder I want to give myself:

6. The seven-day habit-building plan

Pick a consistent cue—a time or event that already happens—and attach a tiny practice to it. Keep the goal small enough to repeat. Missing a day is information, not failure: simply begin again when you can.

DAY 1 • NOTICE

Take one minute to name your stress level and one possible trigger.

After I _____, I will check in with myself for one minute.

DAY 2 • BREATHE

Try the gentle five-minute reset, or do one minute of grounding.

After I _____, I will practice _____.

DAY 3 • SORT

Choose one concern and sort it into control, influence, or acceptance.

When I notice _____, I will identify one useful next step.

DAY 4 • APPRECIATE

Write down one specific thing you appreciate without dismissing a challenge.

After I _____, I will write one gratitude note.

DAY 5 • RESTORE

Take a short movement, fresh-air, stretch, or screen-free break.

After I _____, I will take a _____ minute break.

DAY 6 • CONNECT

Send a message, ask for support, or have a meaningful conversation.

At _____, I will reach out to _____.

DAY 7 • REFLECT

Review what helped and choose one practice to carry into next week.

Next week, I will continue _____ because _____.

My plan for making this habit stick

My chosen practice: _____ My cue: _____

A likely obstacle: _____ My backup plan: _____

7. Reflection: what am I learning?

Take a few minutes to look back on the week. You are not grading yourself. You are gathering clues about what supports you and what you may want to adjust.

Which practice felt most useful or easiest to repeat?

What situations tended to increase my stress?

What early signs helped me notice stress sooner?

Did gratitude change what I noticed, even briefly? If not, what did I need instead?

What boundary, support, or routine might help next week?

What is one small win I want to acknowledge?

My next-week intention

This week, I will be gentle with myself by _____.

One small practice I will continue is _____.

A closing thought

"I do not need to solve everything at once. I can pause, choose one next step, and make room for gratitude without rushing my feelings."

A note on stress and support

The practices in this workbook draw on commonly used approaches in stress self-management, including slow comfortable breathing, sensory grounding, prioritization, self-monitoring, supportive social connection, and gratitude reflection. People respond differently, and no single practice works for everyone.

Use these pages as educational self-care tools, not as a diagnosis or a substitute for individualized care. If stress is persistent, feels unmanageable, disrupts daily life, or is connected to a safety concern, consider reaching out to a qualified healthcare or mental-health professional or a trusted local support service.

Your next step

Choose one exercise from this workbook and try it today. You can return to the other pages when you need them. Progress can begin with a single, kind action.

GRATITUDE CIRCLE

Well-being grows through small, intentional moments.

Website: www.gratcircle.com

For personal educational use. Please adapt the exercises to your comfort and circumstances.