

HOLISTIC MINDBODY COACHING

HEALTH & EDUCATION

REBRANDING RESILIENCE WORKBOOK

✿ Please remember the goal isn't perfection here it is awareness and gentle observation ✿

Resilience is not about pushing through exhaustion or pretending everything is fine. It is about developing habits that help you recover from stress, maintain your wellbeing, and perform at your best over time.

This workbook is designed to help you recognise the early signs of burnout, improve your sleep and recovery, fuel your body with nourishing food and stay hydrated for better physical and mental performance. There is a section to help you to develop healthy self-reflection habits and one simple technique to reduce anxiety in moments of stress.

I recommend you to complete one section each day or work through the workbook at your own pace. It would be great to hear your feedback and see how you are getting on. You can reach out on socials or via email. *With Love, Kerry*

WHAT IS BURNOUT?

Burnout is a state of physical, emotional, and mental exhaustion caused by prolonged stress. It develops gradually and can affect motivation, relationships, concentration, and overall health.

Common signs include:

- ☐ Feeling exhausted even after rest
- ☐ Losing enthusiasm for work
- ☐ Feeling detached or cynical
- ☐ Difficulty concentrating
- ☐ Increased irritability
- ☐ Frequent headaches or muscle tension
- ☐ Poor sleep
- ☐ Feeling overwhelmed by simple tasks

Self reflections:

Tick the ones that relate to you or add your own

Building Everyday Resilience

Resilience is built through small daily actions rather than major life change. It can be helpful to think about four supportive pillars which we explore in coaching.

- **Rest**
- **Nutrition**
- **Hydration**
- **Connection**

Reflection Exercise

Which pillar feels strongest?

Which needs the most attention?

What is one small habit I could improve this week?

"Small daily improvements are the key to long-term success."

DAILY RHYTHM AWARENESS

Understanding your daily rhythm can reveal a lot about your energy, focus, and wellbeing.

Sleep Reflection Each day, take a moment to note: *This is important, Sleep is one of the strongest protective factors against stress and burnout.*

Day	Sleep time	Wake time	Energy (0-10)	Notes
Day one				
Day two				
Day three				
Day four				
Day five				
Day six				
Day seven				

Hydration Reflection. *Become aware of how hydrated you are each day. Hydration is very important! Even mild dehydration can affect our concentration, mood, memory and energy as well as our physical performance. Aim to drink water regularly throughout the day.*

Daily Hydration Tracker

- ☐ Glass 1
- ☐ Glass 2
- ☐ Glass 3
- ☐ Glass 4
- ☐ Glass 5
- ☐ Glass 6
- ☐ Glass 7
- ☐ Glass 8

Notes:

MANAGING STRESS AND ANXIETY

Firstly - Stress is normal.

The goal isn't to remove stress completely, the goal is to develop awareness to what trigger stress and learning how to recover from it. It can be helpful to built a stress reduction toolkit. Follow the exercise below to reduce stress and anxiety in the body.

Anxiety Reduction Exercise: **5-4-3-2-1 Grounding Technique**

When anxiety begins to rise:

Notice

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste

This exercise helps shift attention from anxious thoughts to the present moment by engaging the senses. Use the blank space to make notes. You can also follow this exercise with me on my YouTube channel [Holistic Mindbody Coaching with Kerry - YouTube](#)

