

Practical Mindfulness and CBT Techniques to Manage  
Stress, Gain Resilience, and Build Long-Lasting Confidence

**IN JUST 10 MINUTES A DAY**

# EMOTIONAL SELF REGULATION WORKBOOK — FOR — TEENS



JONNY MARCH

# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

What brought you here, and what are you hoping to get out of this book?

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Can you recognize any specific emotions you have trouble regulating?

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What tools do you currently use to manage emotions, stress, and anxiety?

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What new tools do you think you'd like to employ after reading through this chapter?

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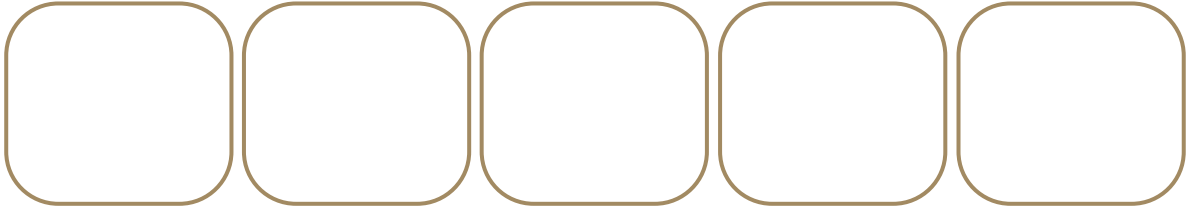
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# FIVE MINUTE FIVE SENSES CHECK IN

Take in your surroundings and identify:

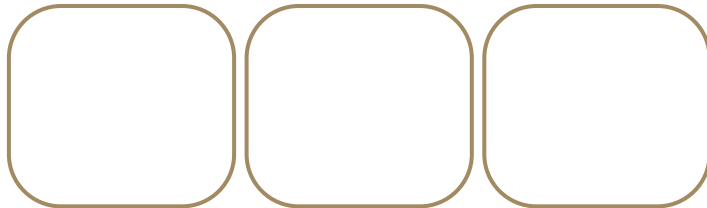
5 Things You Can See

A row of five empty rounded rectangular boxes, each with a thin brown border, intended for drawing or writing.

4 Things You Can Feel

A row of four empty rounded rectangular boxes, each with a thin brown border, intended for drawing or writing.

3 Things You Can See

A row of three empty rounded rectangular boxes, each with a thin brown border, intended for drawing or writing.

2 Things You Can See


A row of two empty rounded rectangular boxes, each with a thin brown border, intended for drawing or writing.


1 Things You Can Taste

A single empty rounded rectangular box with a thin brown border, intended for drawing or writing.

# THOUGHT RECORD

Use the template below to practice Cognitive Restructuring. Keep a thought record to identify negative patterns and thoughts and create a plan to combat them.

Situation	Thought	Emotion	Action Plan
			

Situation	Thought	Emotion	Action Plan
			

# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

How do you typically react to stressful situations or triggers?

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Does the way you normally react to stress compound your problems or effectively manage them?

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Have you been able to identify any trigger or stress patterns after using the techniques outlined in this chapter?

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Do you think that social media or academic stressors have a negative impact on your emotional state?

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# STRESS LOG

Each time you recognize the sneaky signs of stress, take a moment to jot it down. Take note of any patterns that emerge to identify triggers.



Date	Stress Level 1-5	What happened?	What do I feel?	Resolution

# STRESS MANAGEMENT PLAN

Step 1: Use your Stress Log to recognize your triggers and note them below.

1.	2.
3.	4.
5.	6.

Step 2: Build your toolkit. Choose several strategies you can use to avoid triggers or handle them calmly and confidently.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Step 3: Ensure that you have an adequate supply of both quick fixes and long-term solutions to help you manage stress, anxiety, and your triggers.

*Quick Fixes (Breathing, Cognitive Restructuring)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Long-Term Habits (Exercise, establishing boundaries)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Step 4: Remember to keep it simple, consistent, and adaptable. Check-in regularly to ensure your toolkit stays relevant to your current situation.

# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

What emotion would you say was most present in your life prior to beginning this book?

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Where do you think you've been able to see growth in how you handle stress, triggers, anxiety, or anger?

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Take a minute to choose a few emotional vocabulary words you'd like to begin using to express yourself.

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Reflect back to the last time you were feeling stressed, or angry. How did these emotions reveal themselves physically? (Rapid heartbeat, shaking)

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# MY JOURNALING PLAN

Fill in the information below to begin creating your very own journaling plan. Remember, consistency is key!

Choose an area to journal in that will provide a calm, soothing atmosphere for reflection.

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Pick a time during the day when you can dedicate 10-15 minutes to journaling and mindfulness.

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Identify tools that will help foster enlightened, mindful journaling time (music, scents, writing tools)

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What are some emotional growth goals you'd like to use journaling to help you achieve?

a. 

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b. 

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c. 

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Remember, journaling doesn't have to be hard, or even time consuming. Use the following prompts to catapult you on your journey.

- What are three things you're grateful for today?
- Describe a recent emotional experience. What did it teach you?
- Write about a time you felt proud of yourself. What contributed to that feeling?
- Reflect on a challenging situation. How did you handle it, and what would you do differently next time?

# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

What are some of your short-term and long-term goals in life?

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What qualities and values do you think you need to make your dreams a reality?

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Do you feel your current social groups bring you closer or farther away from your goals? Do they share similar dreams and values?

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Can you think of a time when social media distorted your outlook on yourself, your life, or other people around you?

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# PERSONAL VALUES

Take a few moments to reflect on your own personal values, rank them in order of importance, and explain why they are so meaningful to you. Feel free to use our examples for inspiration.

- Honesty
- Balance
- Gratitude
- Achievement
- Courage
- Confidence
- Growth
- Intelligence
- Persistence
- Kindness
- Love
- Timeliness
- Wisdom
- Strength
- Purpose
- Humor

Value: \_\_\_\_\_

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Value: \_\_\_\_\_

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Value: \_\_\_\_\_

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Value: \_\_\_\_\_

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Value: \_\_\_\_\_

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Value: \_\_\_\_\_

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Value: \_\_\_\_\_

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# BOUNDARIES EXERCISE

Describe a time when you felt like your personal boundaries were being tested by a friendship. How did you handle it?

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The best way to avoid having to compromise your values is to practice reacting to your boundaries being tested. Let's try it.

Write down one boundary you'd like to set:

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Come up with two different ways you can communicate this boundary to others:

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What are some challenges that you might face in enforcing this boundary?

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Use the tools you've learned this far to devise a plan for handling these challenges calmly, and effectively.

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# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

How do those closest to you handle anger?

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How do you think their reactions to anger, affect your own ability to react calmly and mindfully in tense moments?

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Think back to a moment where you are proud of how you managed to handle your anger. What actions, thoughts, or behaviors made it a positive experience?

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Can you identify a time where peer pressure fed into impulsive actions? What would you do differently now?

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# ANGER JOURNAL

Use the guide below to practice tracking moments of anger to develop insight into existing patterns and possible triggers.

Date: \_\_\_\_\_

What happened?

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How did you feel physically? Emotionally?

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How did you react?

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Date: \_\_\_\_\_

What happened?

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How did you feel physically? Emotionally?

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How did you react?

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# CREATING CONSTRUCTIVE ANGER

Look at some of your trigger worksheets to identify a couple sources of anger for you and write them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Are you able to identify a value or boundary that is threatened by these triggers, causing you to react in anger? If so, note them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Circle the source of anger that, if remedied, would bring about the most positive change in your life. Use the space below to craft a plan to advocate for change. Feel free to use the questions below to help you craft your plan.

What behaviors/actions need to change?	Who is responsible for the offensive actions?
What is the best way to communicate your needs?	What are some plausible solutions to the problem?
Who can help you advocate for change?	What does success look like in this situation?

Source: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Source: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# REFLECTIVE JOURNALING

Use your Emotions Map from Chapter 3 to guide this reflection. Think back to where you were, the challenges you've face since then, and the growth you've accomplished.

What emotions or situations did you handle well?

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What moments challenged you the most, and how did you grow from them?

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Where do you still want to improve?

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Take a moment to celebrate your growth.

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# CONFIDENCE RESUME

Build a confidence resume below that you can use for an extra boost during tough times for a splash of self-positivity.

## Strengths and Skills

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## Key Moments of Growth

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## My Values In Action

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# STRENGTH AND OPPORTUNITY

List 3 strengths you've developed since beginning your journey:

1.

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2.

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3.

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Explore 3 Weaknesses you've been working on:

Weakness: 

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What are some improvements you've made?

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What would you still like to work on?

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Weakness: 

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What are some improvements you've made?

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What would you still like to work on?

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Weakness: 

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What are some improvements you've made?

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What would you still like to work on?

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# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

Describe the connection and communication style in your household currently.

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How do you feel about your role within your family?

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What are some goals you have for improving communication and connection at home?

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What are some things you think you can do to take control of your relationships and create a safer, calmer environment to form family bonds in?

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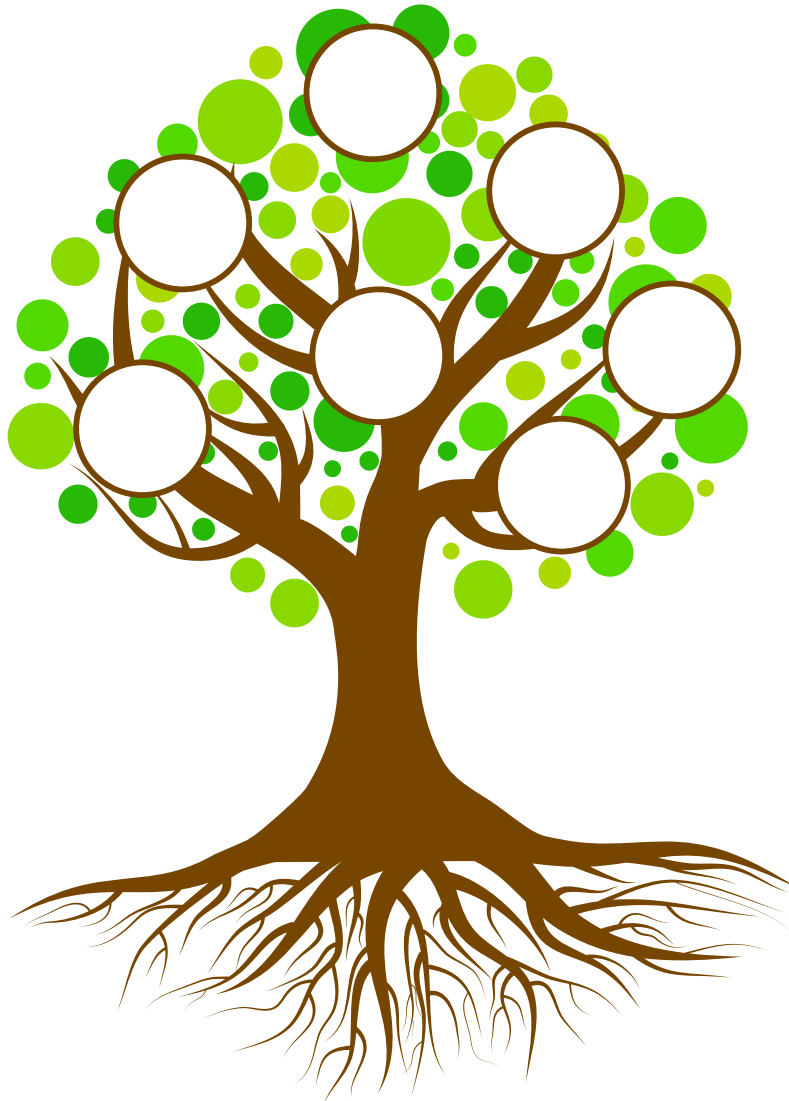
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# FAMILY ROLES

Use the chart below to map out your family dynamics and roles. Name each person in your household and the role they serve.



Do these roles feel accurate? \_\_\_\_\_

Does anyone feel overwhelmed or underappreciated in their role?

\_\_\_\_\_  
\_\_\_\_\_

Are there ways these roles can evolve to support each other better?

\_\_\_\_\_  
\_\_\_\_\_

# COLLABORATIVE PROBLEM SOLVING

The next time a problem arises in your home, use the worksheet below to guide your family through this problem-solving method.

## Define the problem together (ask these open-ended questions):

*What do you think the issue is?*

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*How does the problem effect you?*

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*What do you think will help you resolve it?*

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## Brainstorm Solutions:

1.

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2.

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3.

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## Evaluate and Choose a Solution:

*Is this solution realistic for everyone?*

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*Does it address the root of the problem?*

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*Can we all commit to trying this approach?*

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## Implement and Reflect

*How do we feel this solution is working so far?*

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*Is there anything we need to tweak to improve?*

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*What have we learned from this process?*

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# REFLECTIVE JOURNALING

Take a few moments for self-reflection as you answer each of the below questions:

What have you learned recently that you want to apply moving forward?

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What moment made you feel the most confident this week?

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Where have you encountered resistance since you began your journey and how did you respond?

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Celebrating your growth is an essential part of your journey. Take a few moments to write about the things you are most proud of.

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# RESILIENCE TOOLKIT

## Step 1: Identify your strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Step 2: Recognize Support systems:

*Who are the trusted people in my life?* \_\_\_\_\_

*What activities help me recharge?* \_\_\_\_\_

## Step 3: Choose 3 strategies from this book to promote growth and balance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Take a moment to commit to using these strengths, support systems, and strategies into your life.**

Choose one challenge you are facing and use the tools above to come up with a game plan.

*What strengths can help you overcome this challenge?*

\_\_\_\_\_

*What support systems can you lean on?*

\_\_\_\_\_

*What activities can you use to ground yourself during the process?*

\_\_\_\_\_

# S-M-A-R-T GOALS

Use the worksheet below to practice creating SMART goals that will help carry you through your journey towards emotional growth. Use the examples in Chapter 8 to guide you.

Specific:

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Measurable:

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Achievable:

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Relevant:

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Time-Bound:

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