

AURORA

SPA — BATHHOUSE

THE NATURE OF STRESS WORKBOOK

EPISODE #2

WELCOME TO YOUR BEYOND THE
BATHHOUSE COMPANION WORKBOOK FOR
EPISODE 2: THE NATURE OF STRESS

In this session, we explore practical ways to understand and transform your response to life's challenges. Through this guide, you'll discover practical techniques to shift your perspective and build a more balanced approach to managing stress.

01 Identifying Your Stressors

Take a moment to note the situations or elements in your life that typically cause you stress. These might be work-related, personal, or physical stressors.

02 Physical Response

Notice how your body responds to stress. What physical sensations do you experience (e.g. tight shoulders, racing heart, shallow breathing)?

03 Mental Impact

Observe the types of thoughts that arise during moments of stress (e.g. worries about the future, negative self-talk).

01 The Shark vs. Seaweed Technique

Reflect on the last time you felt stressed. Can you identify if it was a “shark” or just a “piece of seaweed”? How might you view the situation differently now that you have perspective?

Describe the situation:

Your initial response – Was it a “shark” or “a piece of seaweed”?

New perspective:

02 Reframing Stressful Thoughts

Write down a recent stress-inducing thought. Then, practice reframing it into something more calming or perspective driven.

Your initial thought:

Reframed thought:

01

Relaxation tools

Which of these practices resonate with you most? Check all that apply.

- ☐ Breathing exercises (4-6 technique)
- ☐ Visualisation techniques
- ☐ Gentle movement (e.g. stretching, yoga)
- ☐ Tech pause (e.g. no phones)
- ☐ Time in nature or outdoor activities
- ☐ Listening to calming music or sounds
- ☐ Meditation or mindfulness practice

Select one technique you can implement regularly:

02

Creating Consistency

Stress management does not just happen in the moment—it's about building practices over time. How will you make relaxation and stress reduction a consistent part of your life?

03

Mental Impact

Observe the types of thoughts that arise during moments of stress (e.g. worries about the future, negative self-talk).

01

Your Action Plan

List the steps you will take to reduce stress in your life:

02

Immediate Relief Practices

Create a quick action plan for when stress hits. What is one thing you can do immediately to help calm your body and mind?

01

Observing Change

After implementing these strategies for a few days or weeks, reflect on how your stress levels have changed. How do you feel now compared to before?

Bonus tip: Consider keeping a brief record of stressful moments and your responses. This can help you identify patterns and acknowledge your progress.

CONTINUE YOUR JOURNEY

This workbook is part of Beyond the Bathhouse, a wellness series brought to you by Aurora Spa & Bathhouse. Each session builds upon the last, offering practical ways to enhance your daily wellbeing practices.

Watch all episodes on our YouTube channel or listen via Apple Podcasts — search 'Beyond the Bathhouse' on Apple Podcasts and @AuroraSpaBathhouse on YouTube

YOUR COASTAL SANCTUARY

At Aurora Spa & Bathhouse Sorrento, we've pioneered urban wellness for over two decades, weaving time-tested practices with the restorative power of our coastal setting. In our subterranean bathhouse and treatment spaces, expert guidance meets tranquil sophistication, creating moments where time slows and restoration flows.

BOOK YOUR VISIT AT [AURORASPA.COM.AU](https://auroraspa.com.au) OR CALL (03) 5935 1222

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