

# AURORA

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## 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.

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### 02 Physical Response

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

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### 03 Mental Impact

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

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### 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:

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### 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?

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### 03 Mental Impact

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

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01

### Your Action Plan

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

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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?

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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?

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







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# YOUR WELLNESS FOUNDATIONS WORKBOOK

EPISODE #3

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 3: YOUR WELLNESS FOUNDATION

Today we explore four essential pillars for lasting wellbeing: Eat, Move, Sleep, and Nourish. As you work through this guide, you'll discover how small, mindful adjustments in these fundamental areas can enhance your daily experience.

# THE FOUNDATION WHEEL

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A simple tool to visualise and assess four key areas of your wellbeing.

How to Use Your Wheel:

**01** Rate each area from 0-100% (0% at center, 100% at outer edge)

**Eat:** How satisfied are you with your nutrition choices?

**Move:** How content are you with your physical activity?

**Sleep:** How well are you resting and recovering?

**Nourish:** How effectively are you making time for self-care?

**02** Mark two points in each section:

**Point A:** Your current state

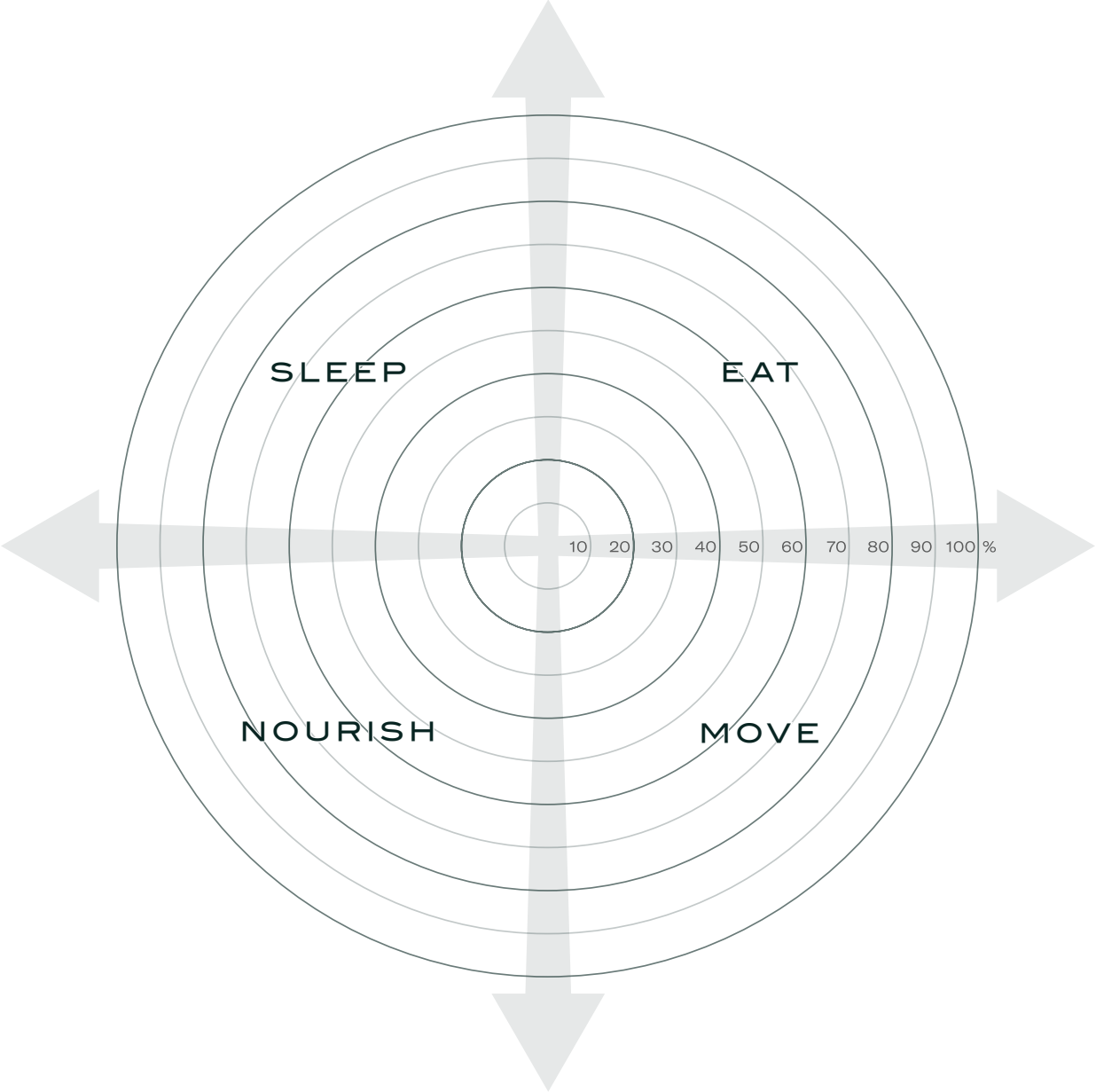
**Point B:** Where you'd like to be

**03** Connect your A points to see your present foundation

**04** Connect your B points to visualise your aspirations



THE FOUNDATION WHEEL





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# MINDSET & BREATH WORKBOOK

EPISODE #4

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 4: MINDSET & BREATH

This session explores the powerful connection between your thoughts and breath patterns, offering practical techniques to enhance both. As you work through this guide, you'll discover how conscious breathing can bring more clarity and calm to your daily life.

## Understanding Your Thought Patterns

Consider your thoughts as trains passing through a station. Each represents a different path you might choose to follow. Some lead to clarity and peace, others to worry or tension. Let's explore your current patterns.

### 01 Observing Your Current Thoughts

Take a moment to reflect on the types of thoughts you have throughout the day. Are you often jumping on the "train" of worry, regret, anger, or frustration? Or do you engage with thoughts that serve your wellbeing?

What types of trains do you find yourself on most frequently?  
(Write down any patterns you notice).

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How do these thought patterns influence your:

Energy levels:

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Mood:

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Daily perspective:

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### 02 Cultivating Supportive Thought Patterns

To move closer to the best version of yourself, consider the trains that align with your desired mindset and emotions. What are some thoughts or mental habits you want to "board" more often? (Examples: clarity, presence, optimism)

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What action or mindset shift can you take to encourage these positive trains?

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03

### Practical Strategies

Drawing from today's session, consider how you might integrate these proven strategies:

#### Embracing Lightness

- How could you bring more playful moments into your day?

#### Creating Mental Space

- When will you schedule time to simply be, away from constant thinking?

#### Practicing Forgiveness

- Are there any grudges or self-judgments that you're ready to release?

#### Cultivating Self-Compassion

- How might you extend more understanding to yourself?

#### Finding Joy in Others

- How will you celebrate the success and happiness of those around you?

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Breathing is a fundamental tool to manage stress and cultivate mindfulness. Use the following steps to deepen your breathing practice and integrate it into your daily life.

### 01 Understanding Your Breath

Before practicing new techniques, observe your natural breathing patterns:

Current Awareness

- Where do you primarily feel your breath? (chest/belly/both)

- 
- How would you describe your breath when you're stressed or anxious?  
(fast, shallow, tight)
- 

### 02 Diaphragmatic Breathing Practice

Place one hand on your belly, one on your chest. Take exaggerated, deep breaths to feel the difference in your breath patterns.

- On a scale from 1 to 10, how deeply do you feel your breath when you inhale?  
(1 = shallow, 10 = deep)

- 
- On a scale from 1 to 10, how deeply do you feel your breath when you exhale?  
(1 = shallow, 10 = deep)
- 

Practice the 4-6 breath pattern:

- Inhale for 4 counts
- Exhale for 6 counts

Maintain this rhythm for 3-5 minutes, noting any shifts in your state.



03

### Creating Your Breathing Practice

To make breathing a regular part of your wellness routine, try setting aside specific times to practice.

- **Daily Practice Times:**

Morning:

Lunch:

Evening:

- **Implementation Strategy:**

How will you remind yourself to practice (set an alarm, keep a reminder in your planner, etc.)?

04

### Breathing for Stress Relief

In moments of stress, practice using your breath as a tool to regain calm. If you're experiencing tension or anxiety, pause and take 5 deep breaths using the 4-6 pattern.

In what situations could you use your breath to regain calmness?

- **Professional e.g. before a big presentation:**

- **Personal e.g. getting stuck in traffic:**

- **Social e.g. toddler having a public tantrum:**

### Final Reflection

Take a moment to consider:

- Which trains of thought do you want to let go of?
- How can you make conscious breathing a regular part of your day?

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## FINDING PAUSE IN DAILY LIFE WORKBOOK

EPISODE #5

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 5: FINDING PAUSE IN DAILY LIFE

This session reveals how ordinary moments can become opportunities for mindfulness and restoration. Whether it's your morning coffee ritual, a midday reset, or evening wind-down, you'll discover how small pauses throughout your day can create profound shifts in your wellbeing.

# FINDING PAUSE IN DAILY LIFE

## 01 Daily Mindful Moments

Transform everyday tasks into opportunities for presence and restoration. Choose three daily activities (e.g. making coffee, walking to your car, answering emails, etc.). Think about how you can transform them into mindful moments by simply being present.

Task	How to Make it Mindful	Focus Points
Task 1 E.g. Morning coffee	Notice the aroma, feel the warmth of the cup, observe the steam rising	"I'll pause to appreciate each sip, feeling the warmth and noticing the subtle flavours"
Task 2 E.g. Walking outside	Notice the feeling of your feet on the ground, the movement of your body, the sounds around you	"I'll pay attention to the sounds of birds, the air on my skin, and the rhythm of my steps."
Task 3 E.g. Having lunch	Savour each bite of food, noticing the taste, texture, and smell	"I'll chew slowly, appreciating the flavours and textures of my food."

## 02 Set aside three times during the day for a mindful breathing practice. These could be small breaks in your day to reconnect with your breath and reduce stress.

Time	Situation	Number of breaths	Notes
Morning	E.g. Right after waking	E.g. 5 deep breaths	E.g. Focus on feeling grounded and calm before starting the day.
Midday	E.g. Before lunch or a meeting	E.g. 5 deep breaths	E.g. Clear your mind and reset before transitioning to the next task.
Evening	E.g. Before bedtime	E.g. 5 deep breaths	E.g. Release any tension from the day and prepare your body for rest.

# FINDING PAUSE IN DAILY LIFE

## 03 Hand-Washing Reset Practice

Transform a necessary task into a moment of mindful pause. Use the hand-washing practice mentioned in the episode as a mindful reset.

Time	Frequency	Mindful Actions	Personal Notes
Morning	E.g. 2 times (before breakfast, after waking up)	E.g. Pump soap, massage hands, 3 diaphragmatic breaths	E.g. Begin the day feeling refreshed and calm
Midday	E.g. 3 times (before lunch, after working on a task, etc.)	E.g. Emulsify soap, focus on the scent, 3 deep breaths	E.g. Reset your energy after a task or busy moment
Evening	E.g. 5 times (after work, before dinner, before bed)	E.g. Rinse with intention, take 3 slow breaths	E.g. Ground yourself for restful sleep

## 04 Final Reflection

At the end of the week, take a moment to consider how these mindful pauses have influenced your day-to-day life.

• What moments felt the most grounding?

• How did your stress levels change after incorporating mindfulness?

• What new mindful moment will you introduce next week?





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# MORNING BOOKENDS WORKBOOK

EPISODE #6

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 6: MORNING BOOKENDS

This session explores how to transform your morning routine into a foundation for wellbeing. By creating intentional practices at the start of your day, you'll discover how small rituals can shape lasting positive change.



# INSTRUCTIONS

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## 01 Set Your Intention for the Day

- What is the one word or phrase that will guide you today?  
(e.g. Calm, Joy, Focus, Patience)
- 

- Visualise how you'll embody this intention throughout the day.
- 

## 02 Mindful Movement

- What type of movement feels best for your body this morning?  
(e.g. walk, yoga, stretching, strength training)
- 

- How will you stay present with your body as you move?  
(e.g. focus on your breath, sensations, etc.)
- 

## 03 Mindful Shower

- How can you make your shower a mindful ritual?  
(e.g. choose an essential oil body wash, focus on the sensory experience, practice deep breathing)
- 

- What do you want to focus on during your shower?  
(e.g. relaxation, gratitude, stress release)
- 

This episode focused on grounding yourself in the morning with intention, mindful movement, and a mindful shower. Remember, you control how your day begins, and with these morning habits, you can set a peaceful tone that supports your overall wellness.

A close-up photograph of a person's back and legs being massaged by two hands. The person is lying on a massage table covered with a light-colored, textured towel. The background is dark and out of focus. The overall mood is relaxing and therapeutic.

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## EVENING BOOKENDS WORKBOOK

EPISODE #7

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 7: EVENING BOOKENDS

This session explores how to create an intentional evening practice that prepares both body and mind for restorative rest. Through thoughtful rituals and gentle boundaries, you'll discover how to transition from day to night with greater ease.

# EVENING RITUAL

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## 01 Create Your Sleep Environment

- Room temperature: What temperature do you find most comfortable for sleep?  
(Recommended: between 60–67°F or 15–20°C)
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- Lighting: What kind of lighting helps you wind down?  
(Soft, warm lighting is ideal for preparing your brain for rest — consider using dim lamps or candles, and avoid bright, blue-toned lights)
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- Noise: Do you need complete silence or soft background sounds?  
(Consider using a white noise machine, calming music, or a sleep app if helpful)
- 

## 02 Unwind Your Body

- Breathing ritual:
    - Reflect on the breathing techniques you use before bed
    - How does diaphragmatic breathing affect your relaxation?
    - How many breaths do you need before you feel relaxed enough to sleep?
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- Movement:
    - Do you include any light stretching or body movements to release tension before bed? (e.g. gentle yoga or stretches for your neck, shoulders, and back)
-

# EVENING RITUAL

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03

## Mindful Relaxation Practices

- Essential oils:

- Which essential oils help you wind down? (e.g. lavender, chamomile, frankincense)
  - How do you use them? (Roll-on, diffuser, or balm)
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- Magnesium/Epsom Salt Bath:

- Do you add magnesium or Epsom salts to your evening bath to help relax?
  - How does it affect your sleep quality?
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- Journaling:

- Do you journal before bed?
  - What do you focus on in your journaling practice? (Reflecting on the day, expressing gratitude, exploring your values, or letting go of thoughts that may disturb your sleep)
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04

## Boundaries for Technology

- Screen time cutoff:

- What is your set screen cutoff time for the evening?  
(At least 1 hour before sleep to allow your brain to unwind)
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- Mindful disconnect:

- How do you transition away from screens and technology?  
(Consider reading a book, doing some light stretching, or engaging in a relaxing activity that doesn't involve digital devices)
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# EVENING RITUAL

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05

## Reflection on the Day

- What went well today?  
(Take a moment to reflect on what went well or moments you felt at peace)
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- What did you learn today?  
(Did you move closer to your values? Any areas where you can grow?)
- 

- How did you feel?  
(Physically, mentally, and emotionally. Did you feel grounded and centred?)
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06

## Tomorrow Starts Today

What you can do today to set yourself up for tomorrow.

- What's one thing you want to focus on tomorrow?  
(Setting an intention for the next day helps your brain stay focused and gives you something to look forward to.)
- 

- How can you make tomorrow even better?  
(Is there a habit, ritual, or action you can implement to set yourself up for success tomorrow?)
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# EVENING RITUAL

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## Evening Bookend Checklist

- ☐ Set room temperature
- ☐ Adjust lighting
- ☐ Practice breathing exercises
- ☐ Apply essential oils or take a bath with magnesium/Epsom salts
- ☐ Journal for a few minutes
- ☐ Disconnect from screens at least 1 hour before bed
- ☐ Reflect on the day and prepare for tomorrow

## Additional Notes:

- What is one ritual you'd like to try tonight to improve your evening routine?
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- Any other thoughts or reflections on your current evening routine?
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# HABIT STACKING FOR LASTING CHANGE WORKBOOK

EPISODE #8

WELCOME TO YOUR BEYOND THE BATHHOUSE  
COMPANION WORKBOOK FOR EPISODE 8:  
HABIT STACKING FOR LASTING CHANGE

This final session brings together all the practices we've explored, showing you how to weave them naturally into your daily life. Through simple habit stacking, you'll discover how small, consistent actions create lasting positive change.



# UNDERSTANDING YOUR RESPONSE TO STRESS

## 01 Visualise your future

Use the vision meditation to visualise your ideal life one year from now.

Consider these key areas:

- Relationships
- Health & Wellbeing
- Career & Purpose
- Personal Growth
- Financial Wellbeing

## 02 Key Habits to Support Your Vision

For each area, identify one small habit that could move you closer to the vision you created:

Area	Desired Habit
Relationships	
Health & Fitness	
Career/Work	
Personal Growth	
Finances	



# UNDERSTANDING YOUR RESPONSE TO STRESS

03

## Habit Stacking: Connect New Habits to Existing Routines

Now that you’ve identified your key habits, let’s make them easier to integrate into your daily life. Choose an existing habit that you do every day (e.g., brushing your teeth, having a cup of coffee, etc.) and stack a new habit onto it.

Existing Habit	New Habit to Add

My habit stacking statement:

“After I complete my existing habit \_\_\_\_\_, I will  
immediately do this new habit \_\_\_\_\_”



# UNDERSTANDING YOUR RESPONSE TO STRESS

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04

## Progress Tracking

Building lasting habits takes time and consistency. Use the space below to track your progress and any reflections you have along the way.

### Week 1

- Initial observations:

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- Adjustments needed:

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### Week 2

- Progress notes:

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- Challenges faced:

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### Week 3

- Progress notes:

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- Challenges faced:

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### Week 4

- Key changes noticed:

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- Next steps:

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05

## Celebrating Progress

Celebrate the small wins. Reflect on how the habits you've stacked have supported your larger vision and the positive changes you've noticed.

- What's working well:

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- Positive changes noticed:

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- Challenges overcome:

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# UNDERSTANDING YOUR RESPONSE TO STRESS

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06

## Next Steps

Continue to refine your habits and adjust your stack as necessary. The key is consistency and building momentum. What's one new habit or routine you want to add next?

“Remember that if you don’t prioritise your life someone else will.”

— Greg McKeown, *Essentialism: The Disciplined Pursuit of Less*

## CONTINUE YOUR JOURNEY

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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

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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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Created by Lyndall Mitchell  
Founder, Aurora Spa & Bathhouse

The Continental Sorrento  
23 Constitution Hill Road  
Sorrento, Victoria, 3943