

LIFE IS TOUGH



WORKBOOK

A LITTLE WORKBOOK JUST FOR YOU
TO HELP YOU RISE TO THE CHALLENGE
WHEN THINGS GO PEAR-SHAPED.

Created by
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(Your cheerleader)

Hello lovely reader,

This is a little workbook to accompany the book 'Life Is Tough But So Are You.' It will help you make sense of this tricky time and slowly step you through it. You can and will get through this, and this little booklet will be by your side cheering you on!

Love Briony B xx

Day by day, Breath by Breath, Step by Step

We don't need to do all the things right now. We're just going to focus on a few. Here you can brain dump everything that is on your mind. Then circle the three most urgent or important. Just focus on those. Everything else is going to wait its turn.

*BRAIN DUMP OF ALL
THE THINGS IN MY
MIND RIGHT NOW:*

*MY TOP 3
PRIORITIES
RIGHT NOW*

1

2

3

Some things don't have to be understood, just accepted.

Take the words of the Serenity Prayer and write your own version. Ie 'grant me the serenity to accept that I've lost my job, the courage to get out there and market myself and the wisdom to know that I'm not a failure (I'm freakin' awesome.)

Serenity Prayer

Grant me the serenity
to accept the things
I cannot change
Courage to change
the things I can
And the wisdom to
know the difference

**GRANT ME THE
SERENITY TO**

THE COURAGE TO

**AND THE WISDOM
TO KNOW**

Light a candle, sit in the stillness and surrender.
can you find a way to accept this shitstorm?

Welcome the pain in for a cup of tea

Make friends with the pain, the loneliness, the heartache. It's okay to feel whatever it is you need to feel, just as long as you don't stay there and keep pushing forward.

Embracing the darkness and hurt means you'll be able to acknowledge what is causing you to feel this way and not allow it to exhaust you as it did before. By finding healthy ways to cope, you'll come out stronger on the other side.

What pain are you feeling at the moment?

Are you pushing it away or ignoring it?

Is there a way you can accept and acknowledge the pain and even try to make friends with the little jerk?

WRITE DOWN THE MOST PAINFUL THING FOR YOU NOW, AND WHY IS IT IMPORTANT FOR YOU TO ACCEPT IT INSTEAD OF PUSH IT AWAY?

Your permission slip



In case, like me, you struggle with asking for what you need, here is a handy all-purpose everlasting permission slip to remind you of what you're allowed to ask for! Use it whenever you need it.



WHAT ARE SOME OF THE THINGS YOU NEED TO ASK FOR RIGHT NOW?

PERMISSION SLIP*

FROM THIS DAY FORWARD I HAVE FULL PERMISSION TO DO WHATEVER FEELS RIGHT AND GOOD FOR ME; TO ASK FOR WHAT I NEED; TO CREATE BOUNDARIES ABOUT WHERE AND HOW I SPEND MY TIME AND ENERGY.

NUMBER OF REPEATS:
INFINITE. USE LIBERALLY
WHENEVER YOU NEED IT.

EXPIRY DATE:
NEVER! THIS LASTS
FOR A LIFETIME.

*Snap a photo of this permission slip and keep it on your phone to remind yourself that you are allowed to do what you please

Hey, lovely friend, thanks for reaching out and offering your support. To be honest I feel a little awkward asking, but here are some ideas of the things you could do for me right now.

- | | |
|---|---|
| <input type="checkbox"/> Could you help coordinate everyone so that someone checks on me each day? I really need the support right now. | <input type="checkbox"/> Could you drop in and keep me company for a while? |
| <input type="checkbox"/> Could you pick the kids up from school on Thursdays? | <input type="checkbox"/> Could I have some quiet time, please? |
| <input type="checkbox"/> Could you send me a text to check in on me every few days? | <input type="checkbox"/> Can you water the plants? |
| <input type="checkbox"/> Could you walk with me one morning each week? | <input type="checkbox"/> Can you take me to the moon? I really need to get out of here |
| <input type="checkbox"/> Could you please check in on the people who are looking after me? | <input type="checkbox"/> Could you drop off a meal one day a week? That would be such a help. |

Highlight your current needs in the list above and send a snap of this page to a friend.

Good days



Assemble your A-Team

*WHO ARE THE MOST IMPORTANT
PEOPLE IN YOUR WORLD?*

*WHO DO YOU NEED AROUND
YOU RIGHT NOW?*

*WHO MIGHT YOU NEED
TO SEE LESS OF?*

Do you think you could benefit from speaking with professional who has helped many others navigate what you're going through right now?

Professional Guidance

It can feel daunting to reach out for professional help but it's not a sign of weakness it's a sign of strength. Like a PT for your beautiful mind.

Support Groups

There are so many online and community support groups these days! You just need to find the best one for you and who you're more comfortable connecting with.

*WHO IS IN YOUR A-TEAM? WRITE DOWN
THEIR NAMES (AND CONTACT DETAILS) ON
A NOTE ON YOUR PHONE OR IN YOUR DIARY.*

DO YOU FEEL LIKE YOU HAVE THE SUPPORT YOU NEED?

*WHAT ELSE WOULD MAKE YOU FEEL SECURE
AND HAPPY RIGHT NOW?*

*ARE THERE ANY OTHER SERVICES YOU NEED TO
CONNECT WITH? CAN YOU ASK SOMEONE IN YOUR
A-TEAM TO HELP WITH THAT?*

Speak it out loud

Whatever thoughts you're thinking right now (no matter how sinister), say them out loud. Grab someone you trust and have that conversation. Doing this takes away the power of those dark thoughts. It helps you understand why you're feeling this way and how you can work through this.

What thoughts are running around in your head that would be good to talk about with someone you trust? Jot them down in a journal or notebook

**TAKE THE TIME YOU NEED
AND JOT THEM DOWN HERE
WHEN YOU'RE READY.**

Put people at ease (because it will put you at ease)

"I'm gonna cry, then you're gonna cry, and then we're all gonna cry",...but that's completely fine!

In the beginning, it can be challenging for your friends and family to know what to say or how to act around you. It's important you voice what you're comfortable talking about and lay down the framework for what you need.

**WHAT ARE YOU COMFORTABLE TALKING
ABOUT RIGHT NOW? WHO DO YOU TRUST?
WHAT WOULD MAKE YOU FEEL SAFE AND
SECURE?**

Sticks and stones will break your bones, but words can also be little pricks

I LOOK TERRIBLE.

*WHY WOULD
ANYONE WANT
TO BE WITH
ME?*

*I DON'T
DESERVE TO
BE HAPPY*

Sound familiar? I hear you; we've all been there. When you feel these negative thoughts breaking their way in, take a minute to understand where this thought is coming from and reframe this mindset! You are more incredible than you give yourself credit for. You just need to believe that.

When you catch yourself thinking something mean of yourself, pause and ask, 'Is this a helpful thought? What is something else I could think? What am I doing really well right now?'

- > WATCH STAND-UP COMEDY (TRY OUT SOME NEW COMEDIANS ON STREAMING SERVICES).
- > WATCH LIGHTHEARTED MOVIES.
- > CALL YOUR FUNNIEST FRIEND AND CHAT.
- > RECALL MOMENTS IN YOUR LIFE THAT HAVE MADE YOU LAUGH OUT LOUD.
- > ORDER A SILLY OUTFIT FOR YOUR DOG.
- > WHACK A PENCIL IN YOUR MOUTH AND FORCE YOURSELF TO SMILE.
- > SEARCH YOUTUBE FOR 'PUPPIES + FUNNY' WORKS EVERY TIME).
- > FIND A COLLECTION OF REALLY FUNNY QUOTES OR JOKES AND SEND THEM TO FRIENDS.
- > START A PUN WAR WITH A FRIEND WHO IS REALLY PUNNY.

PICK ONE THING FROM THE LIST ABOVE THAT YOU WILL DO TODAY TO MAKE MORE SPACE FOR LAUGHTER AND LIGHT.

Force the LOLs & light

**WHAT ARE SOME
OTHER THINGS YOU
CAN DO TODAY FOR
SOME SERIOUS
LOLS & GIGGLE
SNORTS?**

[illegible]

resilient

Studies show that people who are more grateful experience less depression and are more resilient following traumatic events.

Every night, ask yourself, 'What three things am I grateful for today?' Every morning when you wake up, try some grateful stretches. Move your body and start to wake it up while you think, 'What am I grateful for in my life?'

LIST WHAT YOU'RE GRATEFUL FOR TODAY:

This image shows a vertical rectangular sheet of light pink or peach-colored paper. It features several evenly spaced, thin, dark pink horizontal lines running across its width, creating a series of open spaces for writing. The lines are parallel and extend from one edge to the other. There are no margins, text, or other markings on the page.

OTHER THINGS I'M GRATEFUL FOR

(DO A BIG BRAIN DUMP OF EVERYTHING YOU'RE FEELING SUPER GRATEFUL FOR IN YOUR LIFE, BE THEY BIG OR SMALL!)

● ● ● ● ● MY GRATEFUL LIST ● ● ● ● ●

● ● ● ● ● MY GRATEFUL LIST ● ● ● ● ●

Create the movie trailer of your life

We often get caught up on the shitty parts of life, but what if you could take a minute to relive all the incredible things you've done so far? The breathtaking moments that you still get goosebumps about. The experiences that melt your heart and have you crying tears of joy. Use the list below as a guide to creating the most kick-arse highlight reel that supercharges your gratitude!

Can you create a trailer of your life and replay it weekly?

Take a moment to relive the most amazing memories of your life.

SCENES FOR YOUR LIFE MOVIE

- > BEAUTIFUL MEMORIES OF THOSE YOU LOVE
- > A TIME YOU FELT REALLY LOVED
- > THINGS YOU'VE DONE WITH PEOPLE YOU REALLY LOVE
- > YOUR BEST CHILDHOOD ACHIEVEMENT
- > BIG ACCOMPLISHMENTS
- > A TIME YOU WERE MOST PROUD OF YOURSELF
- > NICE THINGS PEOPLE HAVE DONE FOR YOU
- > TRAVEL, CAMPING, ADVENTURES
- > MOMENTS YOU'VE FELT TOTALLY EXHILARATED
- > BEAUTIFUL SIGHTS YOU'VE SEEN
- > YOUR FAVOURITE MEALS AND WHERE YOU'VE HAD THEM
- > WHEN YOU LAUGHED TILL IT HURT
- > FALLING IN LOVE
- > SOMETHING FUNNY A PET DID
- > TIME SPENT IN NATURE

how get editing

You can't polish a turd, but you can roll it in glitter

You're going to come across a few less than average moments in your life, but they don't have to be all bad. Find something lighthearted in each crappy situation.

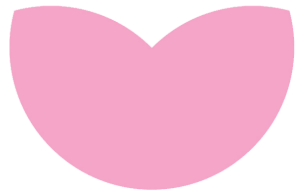
Ask yourself, how can I make this more fun, or at least a bit less crap?

WHAT'S YOUR 'CRAPPY SITUATION' AT THE MOMENT, AND HOW COULD YOU MAKE IT A BIT MORE FUN (OR AT LEAST A BIT LESS CRAP)

Take in all the glorious magic around you

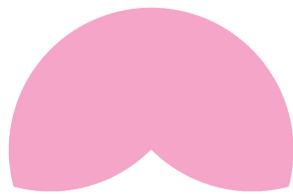
In a rush to achieve and do 'important things, we forget that big lives are made up of little moments, and if we're not careful, we might just miss our whole life while we are scrambling to think about the next moment.

What little moments have you enjoyed this week?



**There is
magic all
around us.**

**We just have
to look for it.**



With so many distractions around us daily, it's easy to forget how to "stop and smell the roses". All the things your mind is busy buzzing with can be put on hold for 10 minutes, trust me. Take this time to switch off, notice something beautiful around you and **really take it in.**

SET UP A LITTLE
REMINDER ON YOUR PHONE
FOR MINDFUL MOMENTS
THROUGHOUT THE DAY.
START WITH JUST ONE
A DAY AND THEN BUILD UP.
IT MIGHT SEEM
COUNTERINTUITIVE TO USE
YOUR PHONE FOR THIS, BUT
IT'S JUST TO GET YOU INTO
THE HABIT

**ONCE YOU COME
BACK FROM ENJOYING
LIFE AROUND YOU,
JOT DOWN SOME OF
YOUR MINDFUL
MOMENTS:**

**Think about
what you're
looking
forward to**

Having something exciting to look forward to after the shitstorm will be helpful to get through your crisis. This can be a quick weekend away or spending a pamper day with your closest girlfriends.

WRITE DOWN SOME THINGS
YOU'RE LOOKING FORWARD
TO AT THE END OF THIS
TOUGH TIME:

**WHAT ARE
YOU LOOKING
FORWARD TO
ONCE YOU'RE
THROUGH THIS
STICKY BIT?**

Your body wants to heal

Healing cannot be rushed. We need to treat our bodies with love and kindness even when it feels like they have let us down.



Think of three ways you can give your body and heart the support it needs to heal itself; foreexample, drinking more water, stretching daily or getting more sleep. Even the very smallest incremental changes you make can all add up.



Focus on the things that feel good

It's time to stop being so mean to our dear little selves and focus on how incredible our bodies are and the fantastic things it allows us to do!

> *WHAT IS YOUR FAVOURITE PART OF YOUR BODY?*

> *WHAT'S SOMETHING YOU LOVE DOING THAT YOUR BODY ALLOWS YOU TO DO?*

> *WHAT FEELS REALLY GOOD RIGHT NOW?*

Pick something you like about your body and focus on that.

LIST 3 OF YOUR FAVOURITE THINGS ABOUT YOUR BODY AND WHY:





**Rest,
don't
quit.**

Let yourself off the hook

Not every day is going to be filled with peppy positivity and energy that you muster from deep within. Some days, you're in recovery mode and just need to give yourself a break. Rest up, grab a cuppa, and remind yourself it's okay to slow down today.

WHAT IS ONE THING YOU WANT TO FOCUS ON DAILY WHILE YOU RECOVER?

WHAT WEEKLY ACTIVITIES COULD YOU INTRODUCE INTO YOUR LIFE THAT WILL BRING MORE JOY AND CREATIVITY?

It's never too late to start

It doesn't matter how old you are or what you've been through — if you have the passion and want to try something new, do it!

*DISCLAIMER:
FOLLOWING YOUR DREAMS WILL LEAD TO A LIFE OF HAPPINESS AND MAGIC. WHAT ARE YOU WAITING FOR?*

Write a love letter to your body

It's so easy to slip back into old habits, but what do we really have if we give away our health?




**Take a moment to sit down
and write to your body; tell
it what a rock star you
think it is.**



GO ON, START WRITING THAT
MUSHY, TEAR-JERKING LETTER.
YOU OWE IT TO YOURSELF:

Listening to your body

We seem to get caught up in the chaos long enough to forget what our bodies need and what they say to us. Take a minute to actually listen...



Try daily mediation

SCHEDULE TIME IN YOUR DAY
TO STOP AND TAKE A DEEP
BREATH, ALLOW YOURSELF TO
FEEL EACH PART OF YOUR
BODY AND WHAT IT'S
SAYING AT THAT
MOMENT.

**WRITE SOME THINGS DOWN HERE,
AND REMEMBER TO DO AS YOUR BODY ASKS!**

"DON'T WAIT FOR
A TOTAL BREAKDOWN
BEFORE YOU ACT."

Treat your body like a Ferrari

Make sure you're giving your machine
what it needs to hum along beautifully.

*IS YOUR ENGINE FIRING ON ALL CYLINDERS RIGHT NOW?
WHAT COULD YOU CHANGE TO LOOK AFTER YOURSELF BETTER?*

Charge your batteries first

Get clear on what
charges and what
drains you. This will
be the first step to
taking control of
your energy.

*WRITE DOWN TEN OF YOUR FAVOURITE
THINGS IN THE WORLD TO DO. WHAT WOULD
THE PERFECT DAY OF RECHARGING LOOK LIKE
FOR YOU?*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**You get to decide
what energy is allowed
around you.**

with 0

By nature, we're people pleasers.
That's just a fact. However, it's
important to remember;

You don't owe
anyone anything

When you learn to start saying “No!” (politely) to the things that don’t ignite your soul, watch how much better you’ll feel! You’ll be able to give more of yourself to the situations and people that mean the most to you. Learn to do this ASAP, and thank me later.

....of your
best life!

TRY TO FIND A TIME EACH MORNING AND NIGHT THAT YOU COULD COMMIT TO MEDITATING. START SMALL WITH JUST A FEW MINUTES AND BUILD UP

Feeling the Zen Vibes



FIND A TIME EACH MORNING AND NIGHT THAT YOU COULD COMMIT TO MEDITATING. START SMALL WITH JUST A FEW MINUTES AND BUILD UP

Meditation is a great way to bring you back to yourself and forget about any worries. It can be difficult to start if your mind is always buzzing with ideas or to-do lists, but there are many ways to switch off and Zen out. You can also find some great meditation apps as well!



YOU MIGHT NOT BE READY FOR KIDS BUT DO YOU THINK IT COULD BE HELPFUL TO EXPLORE YOUR FERTILITY OPTIONS?



Be in control of your own destiny

(FEEL FREE TO SKIP OVER THIS SECTION IF IT DOESN'T APPLY TO YOU.)

For those thinking of fertility preservation and the future potential of cute little babies running around, it could be a good idea to get some form of screening done. This will give you a better idea of what that process could look like for you and what you can do to better your chances (if that's what you want, no pressure, everyone has their journey!)

Speak to your GP first if you're not sure where to start and see what your options are.

**Surround yourself
with people who
feel like sunshine**

**SO WHO ARE THE MOST
IMPORTANT PEOPLE IN YOUR
LIFE? AND DO THEY GET THE
VERY BEST OF YOU?**



TAKE A MINUTE TO WRITE DOWN YOUR MOST FAVOURITE PEOPLE AND HOW THEY BRING OUT THE BEST VERSION OF YOU:

**Don't give away
any of your
precious energy
to those who
don't deserve it.**

**The end... and the
start of the next
chapter.**

You've got this!

Briony B xx