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ROOT, RISE, & RESTORE

— W E L L N E S S —





Worksheet 3: Skill Practice

This how stress affects the brain practice page is here to make the chapter feel usable in real life. If you feel overwhelmed, keep it very small. Think about one moment, one breath, one hard interaction, one coping tool, or one act of care instead of trying to figure everything out at once.

Turn the chapter into something usable in everyday life.

Which one of this chapter's skills feels most useful right now, and why?



What would practicing it look like in a real moment this week?



What support, reminder, object, person, or phrase would help me remember to use it?



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Questions to Discuss in Therapy or Support

Use these notes for anything that deserves more room after the root: listening to the body section: reminders, body cues, feelings, questions, encouragement, things you want to remember, or anything you may want to bring into therapy, journaling, or a trusted support conversation.

- What body signal am I most likely to ignore until it gets loud?
- What does my body seem to ask for when stress rises?
- How can I respond to my body with more respect this week?
- What did I notice while practicing body awareness here?
- What support would help me trust my body a little more?



Notes, insights, and therapy questions

What do I want to remember from this chapter?



What question do I want to bring into therapy, supervision, mentoring, or a trusted support conversation?



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Rise: Thoughts, Stories, and Inner Talk

What this chapter is helping with: negative thoughts, beliefs, cognitive flexibility

How to use this chapter: move slowly, underline what feels true, and skip anything that feels too big for today. You can come back to the same chapter more than once and notice something different each time.

Michelle's Reflection

Not every thought deserves the steering wheel. Some thoughts are old survival stories repeating themselves. Some are protective guesses. Some are true. Part of healing is learning how to tell the difference.

What this chapter can help you do

- Identify thought patterns and distortions.
- Practice reality-based reframes.
- Develop believable affirmations.

Educational Foundation

Thoughts can be useful, distorted, protective, urgent, kind, or cruel. The goal is not forced positivity. The goal is more flexibility and more truth. You can learn to pause, question the story, and ask what else may also be true.

Believable affirmations matter because they do not ask you to lie to yourself. A believable statement might be: 'I can take one next step,' 'I am allowed to pause,' or 'I do not have to solve everything right now.'

Pause and Notice

Before moving on, pause for one full breath. Notice your jaw, shoulders, breath, hands, stomach, feet, and energy level. Ask yourself what this chapter is waking up in you: relief, resistance, curiosity, grief, hope, confusion, or something else.

If the chapter stirs up a lot, let that be information rather than a sign that you are doing it wrong. You might pause here, take a sip of water, put a hand on your chest, step outside, or choose just one prompt instead of doing every page at once.

Breathing, coping, and self-care focus

- Breathing skill: breathe in for 3, pause gently, and exhale for 5 while relaxing your jaw.
- Coping skill: replace one harsh thought with one believable kinder thought.
- Self-care focus: choose language today that helps you feel less attacked by yourself.





Chapter processing art page

Use this full page before, during, or after the chapter. Color slowly. Trace patterns. Add words, feelings, prayers, memories, or symbols inside the flowers and open spaces. If writing feels too hard, let color do some of the processing for you. There is no wrong or right way to use this page, but please use it.

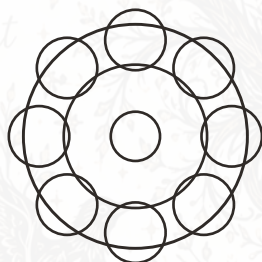
Chapter 9: Rise: Self-Worth and Self-Compassion



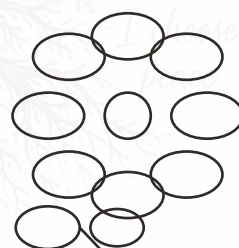
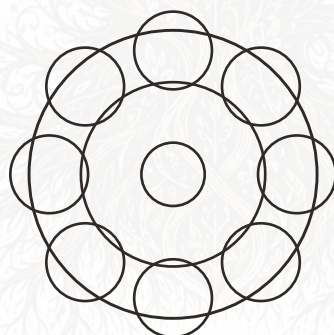
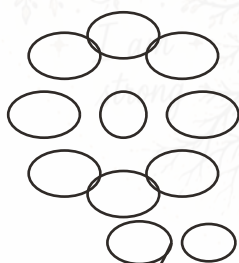
Color what feels true, steady, tender, or ready to grow.



*I am
resilient*



*I grow
in wisdom*



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Worksheet 2: Patterns and Triggers

Try to think of one recent situation rather than every situation. Specific moments often reveal more than broad self-judgment does.

What patterns do you notice, and what usually comes before them?

What situations, people, settings, or times of day tend to activate this theme for me?



What do I usually do next - in my body, thinking, behavior, or relationships?



What would help me interrupt that pattern sooner?



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Worksheet 4: Morning and Evening Integration

Use this page to make the skill easier to remember. Keep it simple enough that you could still return to it on a hard day, not only on your best day.

Build a small routine instead of waiting for crisis.

What is one rooted thing I can do in the morning before the day rushes me?



What is one rise practice I can use during stress or self-doubt?



What is one restore practice that helps me come down gently at the end of the day?



Therapist's Corner

Why this matters in rooted at work: burnout prevention: practicing around burnout, work stress, sustainability can make it easier to notice what is happening before old automatic patterns take over.

What may be happening psychologically: the themes in rooted at work: burnout prevention often shape how people interpret stress, safety, need, pressure, and connection.

What may be happening neurologically: repeated experiences around burnout, work stress, sustainability can train the nervous system to brace, scan, speed up, shut down, or stay guarded even when you want something different.

What people often get stuck on: wanting insight to instantly create change, judging their own reactions, or expecting this chapter to feel easy just because it makes sense on paper.





Questions to Discuss in Therapy or Support

Use these notes for anything that deserves more room after the keep tending the soil section: reminders, body cues, feelings, questions, encouragement, things you want to remember, or anything you may want to bring into therapy, journaling, or a trusted support conversation.

- What practices from this workbook feel most worth keeping?
- What support helps me stay connected to myself over time?
- How do I want to keep tending my life after this chapter?
- What would it mean to continue healing without demanding perfection?
- What do I most want to remember from this whole workbook?



Notes, insights, and therapy questions

What do I want to remember from this chapter?



What question do I want to bring into therapy, supervision, mentoring, or a trusted support conversation?



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Burnout Prevention Reflection - Copy 4

Burnout Prevention Reflection

What parts of my work, caregiving, or life load feel unsustainable right now?



What are my earliest signs that stress is turning into depletion?



What boundary, support, or adjustment would help sooner instead of later?



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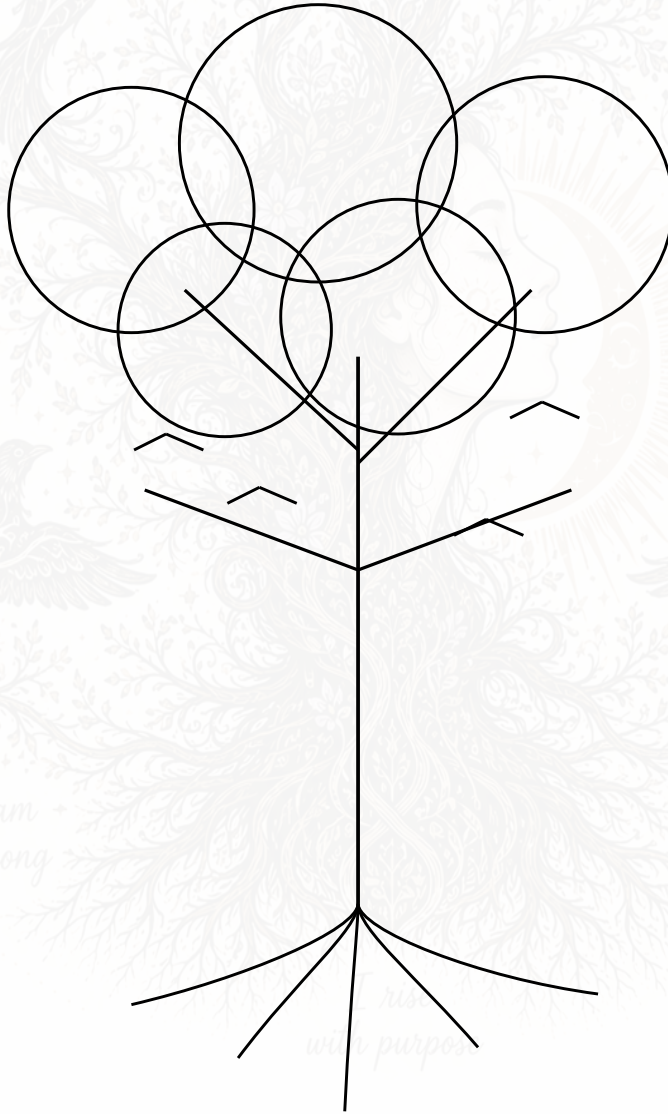


Coloring Page: Rooted Tree

Printable therapeutic art page for calm coloring, grounding, and reflection.

Coloring Page: Rooted Tree

I can stay rooted and still keep growing.



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