



The Well-Being Reset

FREE PREVIEW EDITION

A Therapist-Informed Workbook for Stress, Nutrition, Movement & Sleep

Steph Russell, LMSW, Former NBC-HWC

Real talk. Real healing. Real support.

Inside this preview: 4 free tools from the full 50-page workbook

- Stress Signals Checklist • Movement Menu • Food-Mood Journal • Sleep Hygiene Audit

Full version: 50 pages • broknopen.com/shop

Welcome

Hey, I'm Steph. LMSW, former NBC-HWC, dog mom therapist, and founder of BroknOpen.

This FREE preview gives you 4 of my most-used tools from The Well-Being Reset. I built the full workbook because 'just breathe' isn't enough when your body is stuck in stress. We need tools for MOVE, NOURISH, and REST - not just mindset.

How to use this preview:

1. Print it or use in GoodNotes/Notability on iPad
2. Try one tool a day for the next 4 days
3. Notice what helps - take what helps, leave the rest

Full 50-page version includes:

- Complete education on stress, cortisol, gut-brain axis, sleep science
- 7-Day Movement Experiment + Weekly Planner
- 14-Day Sleep Tracker + Wind-Down Builder + Brain Dump
- 8 Coping Toolkit Cards + Habit Stack + 30/60/90 Tracker

Get the full version at broknopen.com/shop - link at end of this preview.

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Free Tool 1: Stress Signals Checklist

From Module 0 - Understanding Stress

Check what you notice this week. No judgment - just information. Your nervous system is trying to tell you something.

- ☐ PHYSICAL: Headaches, muscle tension, jaw clenching, stomach issues, fatigue, chest tightness
- ☐ EMOTIONAL: Irritable, anxious, overwhelmed, tearful, numb, guilty
- ☐ BEHAVIORAL: Poor sleep, over/under-eating, isolating, procrastinating, scrolling, snapping
- ☐ COGNITIVE: Racing thoughts, brain fog, catastrophic thinking, negative self-talk, can't focus
- ☐ NERVOUS SYSTEM STATE (circle one): Fight (irritable/anxious) / Flight (restless/panicky) / Freeze (numb/shut down) / Fawn (people-pleasing)

Reflection: What pattern do you notice? _____

Free Tool 2: Movement Menu

From Module 1 - MOVE to De-Stress (serotonin, BP, anxiety)

Science bite: Movement supports serotonin & neuroplasticity, reduces systolic BP -0.38, diastolic -0.40, 53% studies show acute exercise reduces anxiety.

Match to state: Freeze = gentle walk/stretch, Flight/Anxiety = rhythmic (walk/swim/dance), Fight = grounding strength/earth.

Choose what fits TODAY - not punishment:

Gentle (for freeze/shut down):

Stretch 10 min, Slow walk with dog, Yin yoga, Breath + sway, Lay on floor

Moderate (for daily reset):

Brisk walk 20 min, Bike ride, Dance in kitchen 1 song, Bodyweight circuit

Joyful (for reconnection):

Play with dogs, Gardening, Swimming, Roller skating, Hike with friend



Try It: 3-Day Movement Experiment

Small doses count

Day	Activity (from menu)	Duration	Mood Before 1-10	Mood After 1-10
Day 1				
Day 2				
Day 3				

What did you learn? What movement actually helped vs. what felt like a chore? _____



FREE PREVIEW

Free Tool 3: Food-Mood Journal

From Module 2 - NOURISH to Beat Stress

Cortisol note: High sugar/refined/sat fat diet = higher cortisol. Whole foods/complex carbs/fruits/veg/polyunsaturated = lower cortisol.

Oatmeal + complex carbs support serotonin. Fermented + fiber support gut-brain axis. You don't need a perfect diet - just notice patterns.

Time	Food / Drink	Mood	Energy 1-10	Sleep

Pattern I notice: _____

Free Tool 4: Sleep Hygiene Audit

From Module 3 - REST: Sleep is Your Reset

Sleep and stress are bidirectional. Stress fragments sleep, poor sleep raises next-day stress. Sleep restores homeostasis & clears brain waste. Small changes = big buffer.

Check what you do consistently:

- ☐ Consistent bed/wake time (within 30 min)
- ☐ Dark room, cool 65-68F, quiet / white noise
- ☐ No screens 30-60 min before bed
- ☐ Wind-down routine (stretch, tea, book, breath)
- ☐ Daylight movement / sunlight in morning
- ☐ Limit caffeine after noon, alcohol near bed
- ☐ Bed only for sleep & intimacy
- ☐ Worry time earlier in day (not in bed)
- ☐ Brain dump journal before bed
- ☐ No clock-watching at night

Tonight I will try: _____

My wind-down routine (3 steps): 1. _____ 2. _____ 3. _____

Loved these tools?

These 4 pages are just a taste of the full 50-page workbook.

- ✓ Full education: stress science, cortisol, gut-brain, sleep science (cited)
- ✓ 7-Day Movement Experiment + Weekly Movement Planner
- ✓ Grocery lists, meal inspiration, supportive vs. amplifying foods guide
- ✓ Sleep Hygiene deep dive + 14-Day Tracker + Wind-Down Builder + Brain Dump
- ✓ 8 Coping Toolkit Cards (print & cut), Habit Stack, 30/60/90 Tracker
- ✓ Notes, reflections, letter to future self, resources & references

Get the Full Well-Being Reset Workbook

50 pages • Printable PDF + Lulu Softcover + Hardcover

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Thank you for being here. Healing you can take with you.

— Steph Russell, LMSW, Former NBC-HWC | NOT YOUR AVERAGE THERAPIST | BroknOpen