



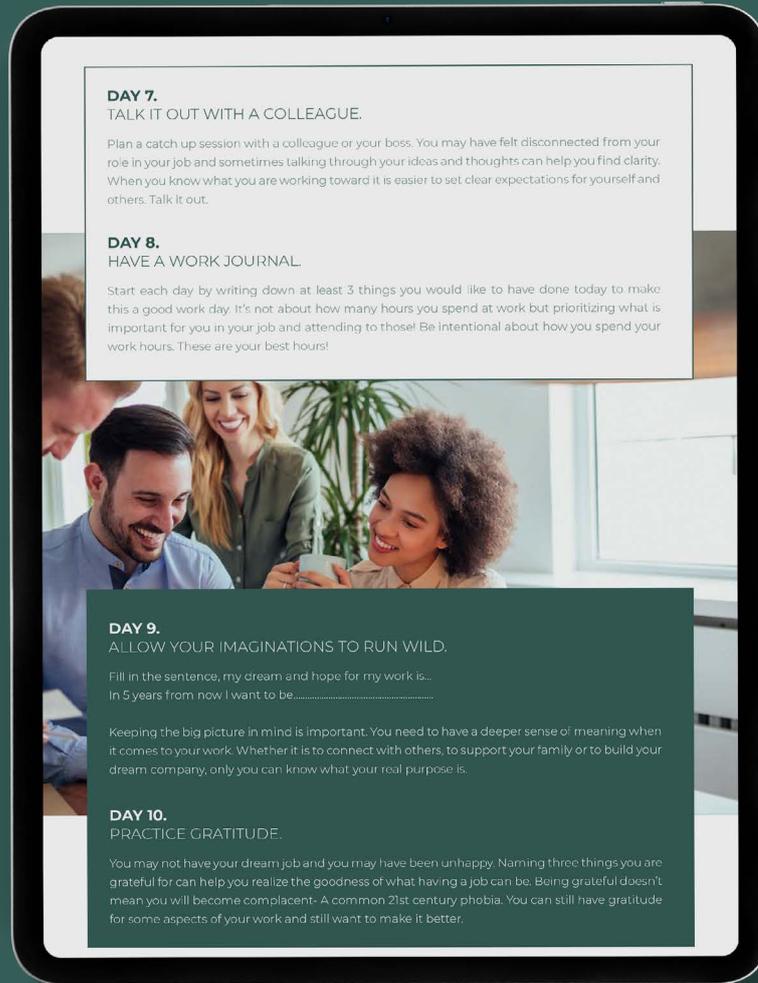
Aurelia

PSYCHOLOGY

Your Relationship Guide



A reflective workbook to guide you through your stressful journey at your work place.



How to use this workbook:

We've designed this to guide you inwards, so that you can connect with your innermost wisdom, values, skills in living, and creative thinking. The more you slow down and engage mindfully with each activity, the more you will get out of it. Most importantly – leave your Inner Critic out of it – this isn't a space for perfectionism or judgment. Rather, we encourage you to 'go with the flow', don't over-think it...play with it.

Express yourself freely, uncensored. Artistic ability really doesn't matter here. Better yet, draw things as your much younger child self would have. Go with the gut. Pop the phone on airplane mode and try to give yourself some undistracted time of peace and quiet where possible. Hold Courage, Curiosity and Compassion throughout.

You can use these pages as a guide, and write and draw your responses on your own paper or in your journal. Whether you use your own paper or print the workbook, ideally use coloured drawing materials.

We believe in your...

We believe in your innate human need for connection, your inner wisdom and your natural ability for transformation. We are here to support you to connect with yourself and others more consciously, to access your inner wisdom, and to live a more fulfilling life.

We draw from our collective knowledge of all the years of work with our clients, our own inner work, and psychological research. We create services and content to provide you with readings, exercises, workshops, videos, and more to guide you in the areas of your life that you want to improve.

We will continue to work hard to share Aurelia Psychology with you. Take what you find useful here and leave what's not. Please, be in touch with us to tell us what you find transformational. Also, don't hesitate to get in touch with questions. We would love to hear from you! .

Dr. Ava Ghasemi Holdich

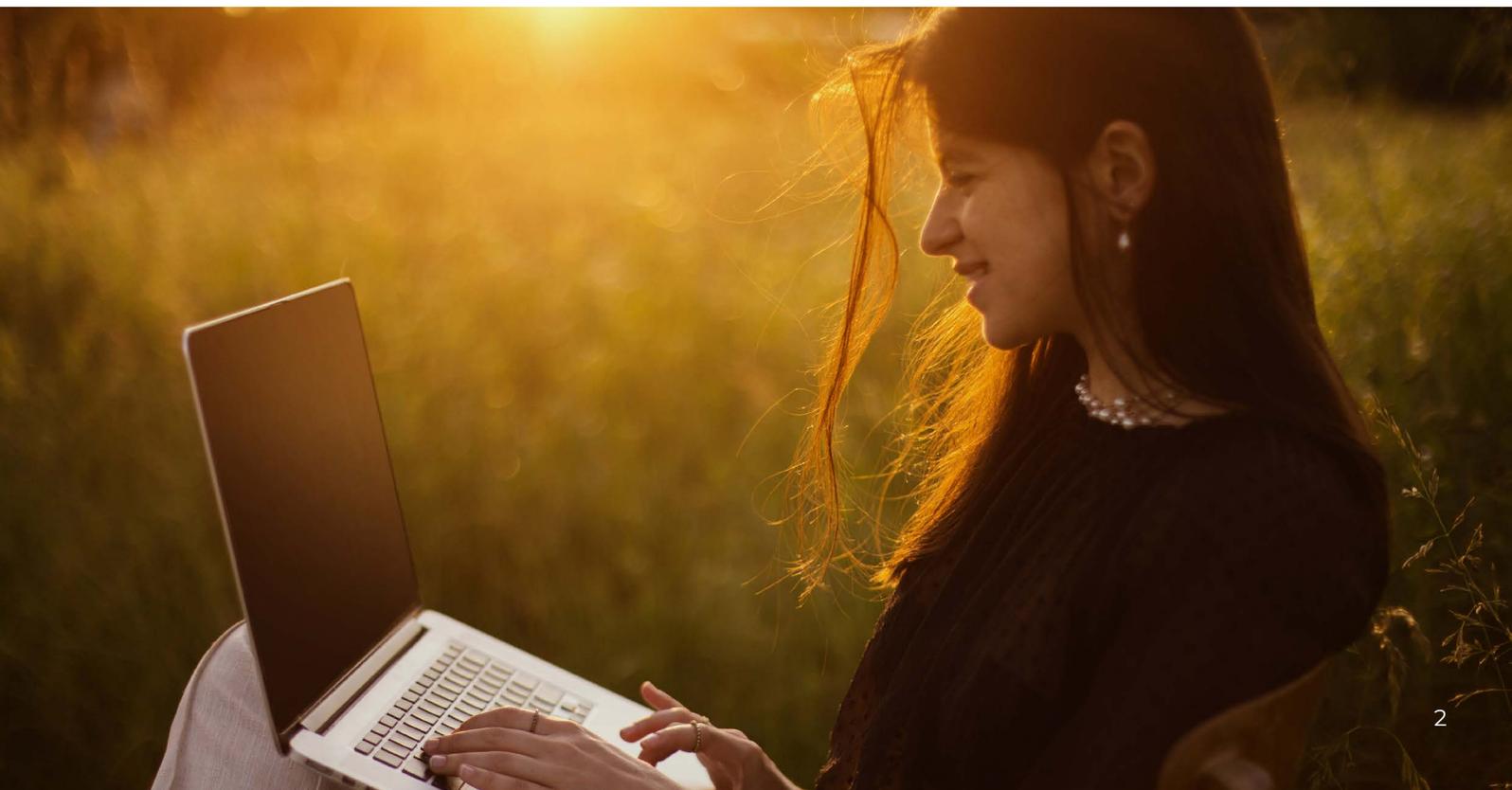
CLINICAL PSYCHOLOGIST

Dr. Ava Ghasemi (Holdich) is a licensed Psychologist with experience in the U.S., Canada and the Middle East. She has a practice of individual and couples therapy at the MapleTree Center.

Matleena Vanhanen

COUNSELLING PSYCHOLOGIST

Matleena Vanhanen is a licensed Counselling Psychologist with experience in Europe and the Middle East. She has a practice of couples and individual therapy at the MapleTree Center.





How to tune into yourself before you start your workday

You spend your best hours at work and with work. Everyone finds themselves in a relationship with work. It doesn't matter if you're running a small business or if you're sitting on the board of a multinational company.

You could be in the early stages of your career and in trial and error, trying to figure out what you want. Or, maybe you have been in your field of expertise for 20 plus years and planning your retirement.

If you hate what you do, it will inevitably start seeping into other parts of your life.



Let's try a few techniques.

1. Take five to thirty minutes in the morning to be quiet and meditate, and/or lie down and be with yourself... gaze out the window, listen to the sounds of nature, or take a slow quiet walk.
2. While your car is warming up, try taking a minute to quietly pay attention to your breathing.
3. While driving, become aware of body tension, e.g., hands wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc., consciously working at releasing dissolving that tension... Does being tense help you drive better? What does it feel like to relax and drive?
4. Decide not to play the radio and be with your own sound.



**HOW RELAXED ARE YOUR MORNINGS?
IMAGINE A START TO YOUR WORKDAY WHERE YOU FEEL HAPPY AND CALM.
WHAT WOULD BE DIFFERENT IN THE WAY YOU ARE?**

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



QUESTIONS

How do I feel about my work today?

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How much control do I have over my day, and tasks at work?

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*What is in my control and what is beyond my control?
Express yourself freely.*

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



Remember to take a break!

Simple activities that take little time to prepare.

- | | | |
|---|--|---|
| <input type="checkbox"/> Stretches/exercises | <input type="checkbox"/> Small group walkings | <input type="checkbox"/> Make small talk |
| <input type="checkbox"/> Make yourself coffee/tea | <input type="checkbox"/> Discussions while walking | <input type="checkbox"/> Communication is key |
| <input type="checkbox"/> Get up to make lunch | <input type="checkbox"/> Listen to music | |



Resolving issues at work through effective communication is key.

Recognize when you're stressed.

It might seem obvious that you'd know when you're stressed, but many of us spend so much time in a frazzled state that we've forgotten what it feels like when our nervous systems are in balance: when we're calm yet still alert and focused. If this is you, you can recognize when you're stressed by listening to your body. When you're tired, your eyes feel heavy and you might rest your head on your hand. When you're happy, you laugh easily. And when you're stressed, your body lets you know that, too. Get in the habit of paying attention to your body's clues.

Let's practice how to identify your stress.

Write the words below...



Observe your muscles and insides. Are your muscles tense or sore? Is your stomach tight, cramped, or aching? Are your hands or jaw clenched?

Observe your breath. Is your breathing shallow? Place one hand on your belly, the other on your chest. Watch your hands rise and fall with each breath. Notice when you breathe fully or when you "forget" to breathe.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.

RATE YOUR COPING ABILITY WHEN IT COMES TO STRESS.

One being the lowest and five being the highest.

ONE
VERY LOW

TWO
TRYING

THREE
GETTING
THERE

FOUR
I'M GETTING
HELP

FIVE
I AM COPING
VERY WELL.



Your time at your Workplace.



Sometimes we are under so much pressure at work that we do not feel that we have time to stop. We feel that stopping will waste so much precious time.

Let's change the perspective.



How much work do you have on your to-do list everyday! Express yourself on each and everything you do, big or small. You might be over worked.

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WHEN WE ARE BUSY THERE IS A TEMPTATION TO TRY AND TAKE SHORTCUTS. IF YOU COULD TAKE ONE THING OUT OF YOUR DAY AND ADD ONE THING TO YOUR DAY WHAT WOULD IT BE?

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.

HOW MUCH WORK DO YOU HAVE DAY TO DAY.

One being the lowest and five being the highest.

ONE
NOT A LOT

TWO
MODERATE

THREE
HANDLING
MY LOAD

FOUR
A LOT OF
WORK

FIVE
I CANNOT
BREATHE



How is my day-to-day on the job.

Your understanding of the role of work in your life affects you and everyone around you. Your work has a life of its own and is always changing and evolving with you.

How can I make my work day more enjoyable and rewarding?



Is there something I should do more or less of during my working hours?





**SOME PEOPLE ARE COMPLETELY IN LOVE WITH WORK, WHILE
OTHERS FEEL COMPLETELY TRAPPED. HOW DO YOU FEEL AT WORK?**

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



Reflect & Understand.



QUESTIONS

What is stopping me from having the job I want?

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Which obstacles are external and which ones do I create?

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SELF-REFLECT: HOW HARD HAVE YOU TRIED.

One being the lowest and five being the highest.

ONE
GIVING UP

TWO
TRYING

THREE
GETTING
THERE

FOUR
TRIED VERY
HARD

FIVE
I'VE SUCCESSFULLY
MADE CHANGES



IF THERE ARE ANY INTERNAL OR EXTERNAL OBSTACLES YOU ARE FACING RIGHT NOW EXPRESS IN AS MUCH DETAIL WHAT THEY ARE. INTERNAL OBSTACLES ARE: FEELING ANXIOUS, COMMUNICATION PROBLEMS, ANGER, NOT FEELING GOOD ENOUGH. EXTERNAL ARE: PROBLEMS WITH MANAGER, FINANCIAL PROBLEMS, TIME CONSTRAINTS.

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.



The Future.



QUESTIONS

It is 5 years from now and you have reached your work life goals and resolved the obstacles that were in your way.

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What does life look like then?

.....

Be as detailed as possible.

WHERE DO YOU LIVE?

.....

HOW DO YOU FEEL?

.....

WHO DO YOU SPEND YOUR TIME WITH?

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.....



**IT IS 5 YEARS FROM NOW AND YOU HAVE REACHED YOUR
WORK LIFE GOALS AND RESOLVED THE OBSTACLES THAT WERE IN YOUR WAY.**

WHAT DOES LIFE LOOK LIKE THEN?

Be as detailed as possible.

1. WHERE DO YOU LIVE? 2. HOW DO YOU FEEL? 3. WHO DO YOU SPEND YOUR TIME WITH?

Express yourself freely.

YOU CAN WRITE, DRAW, AND USE ADDITIONAL PAPER TO EXPRESS YOURSELF.

HOW MOTIVATED DO YOU FEEL?

One being the lowest and five being the highest.

**ONE
VERY LOW**

**TWO
TRYING**

**THREE
GETTING
THERE**

**FOUR
MOTIVATED**

**FIVE
SUPER MOTIVATED
AND EXCITED!**

We believe whether you're in a position of power in your role at your company or at the mercy of "management," you need to know and be true to yourself.

Write down your experiences throughout this workbook.



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YOU CAN PAINT, DRAW OR EVEN USE PAPER TO EXPRESS YOURSELF.



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PSYCHOLOGY

Your Relationship Guide

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