



# Building Resilience with MCAS: Self-Care, Sleep, and Emotional Wellbeing

THE WORKBOOK

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This worksheet pack is for:

Gaining insight into how you're spending your energy

Practising a calming breath technique

Reframing unhelpful thoughts with self-compassion

Each page is yours to return to any time. Print it out, write on a tablet, or just use it as a prompt in your journal. Go gently. You're doing better than you think.



# Exercise 1: Your Energy Budget

## Where Does Your Energy Go?

- Imagine you have £100 of energy each day. How are you spending it right now?
- Use the boxes below to map out your energy spend.

Activity or Task	Estimated Energy Cost (£)	Is it essential? Can it be changed?

- **Now reflect:**

- What's one thing you could:

- Cut?
- Delegate?
- Change to protect your energy?

## Exercise 2: The Breathing Reset

### Instructions:

1. Inhale through your nose for 4 counts
2. Hold for 7 counts
3. Exhale through your mouth for 8 counts
4. Repeat

EXERCISE 2: BREATHING RESET

Circle how you feel **before** and **after**:

Feeling	Before	After
Anxious		
Overstimulated		
Calm		
Tired but wired		
Sleepy		

Tip: You can use this technique before bed, after a reaction, or in the middle of a tough day.

# Exercise 3: Inner Critic vs Inner Coach

## Rewrite the Script

- **Step 1: What does your inner critic say?**

Write down a thought you often have when you're struggling:

“ \_\_\_\_\_ ”

- How does this feel in your body? \_\_\_\_\_

- **Step 2: What would a kind inner coach say instead?**

Respond with care — as if you were talking to a loved one.

“ \_\_\_\_\_ ”

- How does this feel in your body? \_\_\_\_\_

- Say this thought again from this place of compassion

- Repeat this whenever that inner voice flares up. Keep a list of kind responses that work for you.



## Your Tiny Toolkit

### What's One Small Thing You'll Try This Week?

- Choose one:
    - ☐ Protecting part of your energy budget
    - ☐ Trying the 4-7-8 breath once a day
    - ☐ Practising a kind inner reframe
    - ☐ Something else:
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- Why this?
- What might help you stick with it?

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