



Decode Your Stress

*3 Simple Ways for Mothers to
Understand What Their Body and
Emotions Are Really Saying*



Workbook Toolkit

*A guide to help you understand your body's messages, process
emotion and reconnect with yourself through simple mind-body
and art therapy practices.*

*Move slowly. Let your body lead.
There is no rush and no right way to do this.*

By Dannyelle Tansey

Arriving in the Moment

Before you begin, take one slow breath.

Let your shoulders soften.

Place a hand on your chest or belly and whisper:

“I’m here. This moment is enough.”

There is only this moment.

Nothing else exists right now.

Way One

Listening to the Body

Stress speaks through the body long before the mind catches up.

Body Scan

Close your eyes or soften your gaze.

Scan your body from the top of your head to your feet.

Ask gently:

“Where is my body speaking the loudest?”

Notice without analysing.

No fixing.

Just witnessing.

Reflection Space

- Where does stress show up in my body
- What sensations do I notice
- What feels tight, heavy, warm, numb, activated
- What part of me wants attention

Writing space:

Way Three

Creative Expression Exercise

This practice helps the body express what it has been holding without needing words.

You will need:

A blank page

Any drawing materials you have

Instructions

1. Take a breath and ask:
“What wants to be expressed right now”
2. Place your tool on the paper and begin moving your hand before your mind steps in.
3. Let your body lead:
tightness becomes tight marks
heaviness becomes heavy textures
pressure becomes dense movement
fast thoughts become fast lines
emotion becomes colour or shape
4. There is nothing to get right.
You are translating sensation.

Afterwards, reflect:

- What did I notice while drawing
- What did the shapes or movements reveal
- What part of my body does this represent
- What message might be here for me

Writing space:

Everyday Presence Practice

Stress pulls us into the past or the future.

The past is memory.

The future is a what-if.

Your body only exists in this moment.

Use these everyday anchors to return to presence:

While washing dishes

- Feel the temperature of the water
- Notice sounds around you
- Feel your feet on the ground
- Let your breath soften

While walking

- Notice the ground under your feet
- Feel the air on your skin
- Listen to your environment
- Drop your shoulders slightly

While eating

- Slow your chewing
- Notice taste and texture
- Feel your body receiving nourishment

Any time you feel overwhelmed

Place a hand on your chest and whisper:

“I’m here.”

Feel, don’t think.

Self Enquiry Prompts

These questions help you understand what your body and emotions are asking for.

Ask one at a time.

Let the answer rise from sensation, not thought.

- What do I need in this moment
- What feels too much right now
- What feels like enough
- What wants to soften
- What wants to be seen
- Where am I holding on
- What is my body asking for

Writing space:

What To Do With What You Discovered

Pause.

Return to your breath.

Ask softly:

“How can I honour what I now know”

Examples:

rest

water

movement

slowing down

asking for help

expressing emotion

taking a break

breathing

journaling

creating space

choosing one small supportive action

Write your next step:

Your Next Step in This Work

The Healing Canvas

I now invite you to consider whether you want to continue this work in a deeper, more supported way.

If something shifted in you during the workshop, or if you felt a sense of recognition in your body, The Healing Canvas is where this work continues with rhythm, care, and therapeutic support.

This membership offers a therapeutic, art-led pathway that honours the emotional, physical, and energetic layers of stress, self-connection, and healing.

It helps you soften what feels heavy, reconnect with your inner world, and feel supported as you move through your own season.

Inside The Healing Canvas you receive:

- Monthly therapeutic art therapy workshops
- Mind-body education to help you understand your patterns and responses
- Emotional awareness practices
- A monthly theme that gently supports your inner landscape
- A grounding rhythm you can lean into each month
- Integration guidance so the work settles in your body, not just your mind

Pricing

\$25 per month

or \$250 per year

This is the lowest price it will be again.

Joining now locks it in for life.

Optional Add-On

A 45-minute 1 to 1 session each month

additional:

\$47 per month

\$470 per year

For personalised support and deeper integration.

Enrolment is open for **one week only**.

[Join or explore here](#)

In Closing

Place a hand on your chest.

Soften your breath.

Ask:

“What do I need next”

Trust the smallest whisper.

Your body knows.