

ANXIETY & STRESS REDUCTION  
PROGRAMME: FINDING CALM &  
CONFIDENCE

## PROGRAMME OVERVIEW

*A comprehensive guide about what to  
expect with your transformation*

# PROGRAMME OVERVIEW

This 12-week programme is designed to help you break free from chronic anxiety and stress by teaching them how to regulate their nervous system, rewire unhelpful thought patterns, and build long-term emotional resilience. Using CBT-based strategies, mindfulness, somatic healing, and guided support, this structured approach ensures lasting transformation without overwhelm.

## HOW THIS PROGRAMME IS DELIVERED

- **Weekly Video Lessons** – Pre-recorded, step-by-step guidance for each week's theme.
- **Workbooks & Journaling Prompts** – Downloadable exercises for self-reflection and growth.
- **Guided Audio Practices** – Meditations, breathwork, and grounding techniques.
- **Personalised Action Plan** – Weekly tools and strategies tailored to your journey.
- **Daily Messaging Support** (Mon-Fri) – Chat access for guidance, questions, and encouragement.
- **Progress Tracking in the App** – Monitor mindset shifts, habits, and emotional patterns.



WHAT TO EXPECT

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Is this  
programme for  
you?

## Who This Programme is For

- Women who experience chronic anxiety, stress, or overthinking.
- Those who feel constantly on edge, overwhelmed, or mentally exhausted.
- Anyone who wants to feel calmer, more in control, and emotionally balanced.

## This Programme is NOT About:

- Avoiding emotions – Instead, we learn to process and manage them.
- Forcing positivity – Healing includes working through challenges, not ignoring them.
- One-size-fits-all solutions – Everything is tailored to your personal experience.



WHAT TO EXPECT

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# Week-by-Week Breakdown

# Week 1: Understanding Anxiety & The Nervous System

- The science behind anxiety, stress, and the brain.
- How your nervous system influences anxiety levels.
- Identifying your triggers and stress responses.

## Material Delivery:

Video lesson on the anxiety-stress cycle

Workbook: Identifying your triggers & nervous system responses

Guided body scan meditation

# Week 2: Finding Instant Calm – Grounding & Regulation

- How to bring your body out of fight-or-flight mode.
- The role of breathing, movement, and sensory techniques.
- Creating your own personalised anxiety toolkit.

## Material Delivery:

- Video lesson on nervous system regulation
- Self-reflection journal & grounding exercises
- Guided breathwork practice

## Week 3: Breaking the Overthinking Cycle

- How anxious thoughts spiral and impact emotions.
- Using CBT-based thought-reframing techniques.
- Strategies for interrupting and redirecting overthinking.

### **Material Delivery:**

Video lesson on overthinking & breaking worry loops

Thought-reframing worksheet

Calming affirmations for anxious moments

## Week 4: Releasing Physical Tension & Stored Stress

- How stress is held in the body and affects digestion, sleep, and energy.
- Learning somatic techniques to release tension.
- Understanding how movement & posture impact anxiety.

### **Material Delivery:**

Video lesson on stress & the mind-body connection

Daily body awareness tracker

Guided progressive muscle relaxation

## Week 5: Managing Social Anxiety & Inner Criticism

- Understanding how social anxiety develops.
- Rewriting negative self-talk and self-judgement.
- How to feel more at ease and confident in social situations.

### **Material Delivery:**

Video lesson on social anxiety & self-talk

Confidence-boosting journal prompts

Affirmations for social ease

## Week 6: Managing Anxiety in the Moment

- Learning emergency coping strategies for anxiety spikes.
- How to reset your nervous system quickly.
- Developing a personalised calm-down routine.

### **Material Delivery:**

Video lesson on panic & in-the-moment anxiety relief

Quick-action anxiety toolkit worksheet

Guided 5-minute reset meditation



## Week 7: Setting Boundaries to Reduce Stress & Overwhelm

- Understanding how poor boundaries create anxiety.
- Identifying where stress comes from in daily life.
- Learning how to say no without guilt and prioritise yourself.

### **Material Delivery:**

Video lesson on boundaries & energy management

Boundary-setting workbook

Visualisation for confident communication

## Week 8: Improving Sleep & Resting Your Nervous System

- The link between anxiety and poor sleep.
- How to create a calming evening routine.
- Science-backed techniques to fall asleep faster.

### **Material Delivery:**

Video lesson on sleep & nervous system restoration

Sleep tracker & habit guide

Guided sleep meditation

## Week 9: Rewiring Your Brain for Calm & Confidence

- How anxiety trains your brain to expect the worst.
- Using CBT techniques to build resilience.
- Learning how to shift your mindset from fear to empowerment.

### **Material Delivery:**

Video lesson on neuroplasticity & retraining thoughts

Self-reflection journal: Noticing & shifting patterns

Confidence-building affirmations

## Week 10: Finding Joy & Emotional Balance

- Why joy is essential for reducing anxiety.
- How to reintroduce play, creativity, and relaxation.
- Breaking the habit of hyper-productivity & busyness.

### **Material Delivery:**

Video lesson on joy & stress recovery

Fun & fulfillment tracker

Gratitude meditation

## Week 11: Building Resilience & Long-Term Coping Strategies

- How to handle setbacks and difficult emotions.
- Creating a self-care routine that actually works.
- Developing an anchor strategy for ongoing calm.

### **Material Delivery:**

Video lesson on resilience & emotional regulation

Self-care blueprint & resilience-building exercises

Guided grounding practice

## Week 12: Reflection, Integration & Moving Forward

- Reviewing progress and acknowledging growth.
- Solidifying new habits, mindset shifts, and emotional tools.
- Creating a long-term plan for managing anxiety & stress.

### **Material Delivery:**

Closing video lesson & personal reflection

Stress management roadmap

Final guided meditation: Stepping into your calm, confident self



# Ongoing Support Throughout the Programme

- ☐ Daily messaging support (Mon-Fri) via the app for guidance & encouragement.
- ☐ A community full of like minded people to discuss progress, wins and challenges.
- ☐ Progress tracking tools in the app for self-reflection.



## Next Steps:

- If you have any questions, just ask away. You can message me on socials, or email me at [jsa@jessicasadams.com](mailto:jsa@jessicasadams.com). If you have a thousand questions, I have a thousand answers!
  - It's so easy to sign up. Click the link, follow the instructions, and get started on your transformation today.
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