The Un-Stressing Method™ Toolkit

Amy Leneker

A workbook for leaders, teams, and organizations to lead and live with less stress and more joy.



Adapted from Amy's
Cheers to Monday

amy leneker



Hi friend!

If you’re holding this Un-Stressing Toolkit, it means you’re ready for less stress and more joy at work—and beyond.

The good news is that you don’t have to wait for your calendar to clear, your inbox to disappear, or your team to suddenly become easier to work with.

You can start now, with just three surprisingly simple steps.

You weren't meant to simply survive the work week. You weren’t meant to live for the weekends.

You were meant for a wildly wonderful life.

Let’s get started!

Cheering you on,



Amy Leneker
Amy@AmyLeneker.com



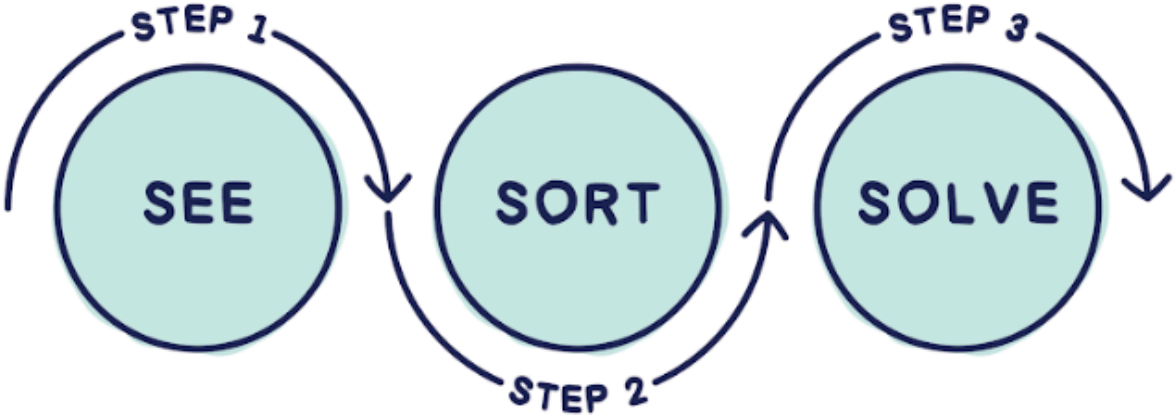
Stress thrives in isolation. Relief comes through connection.

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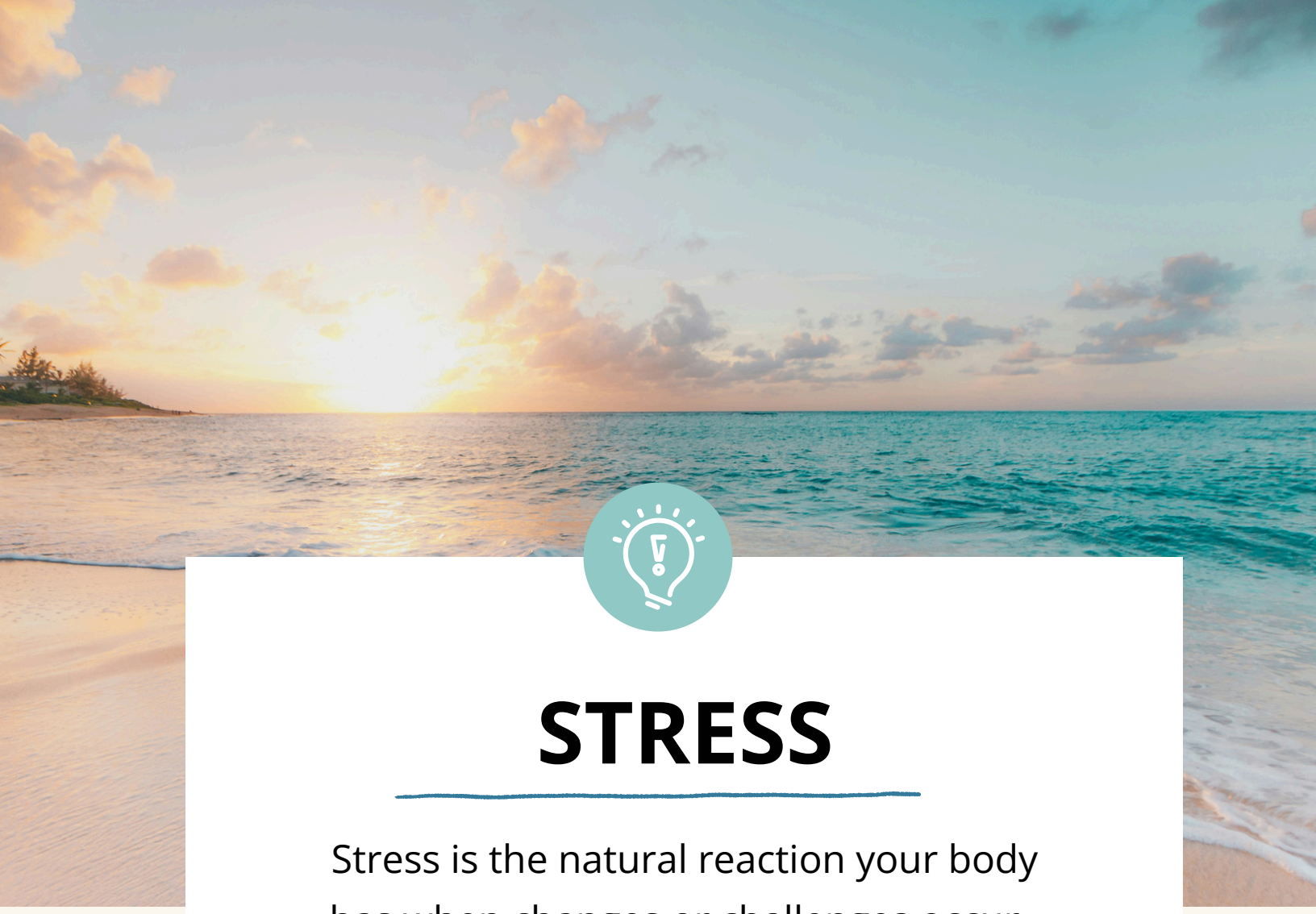
The Un-Stressing Method™

Lead & Live with
Less Stress & More Joy

The Un-Stressing Method™ has three simple steps:



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STRESS

Stress is the natural reaction your body has when changes or challenges occur. It can result in many different physical, emotional and behavioral responses.

Cleveland Clinic

Step 1

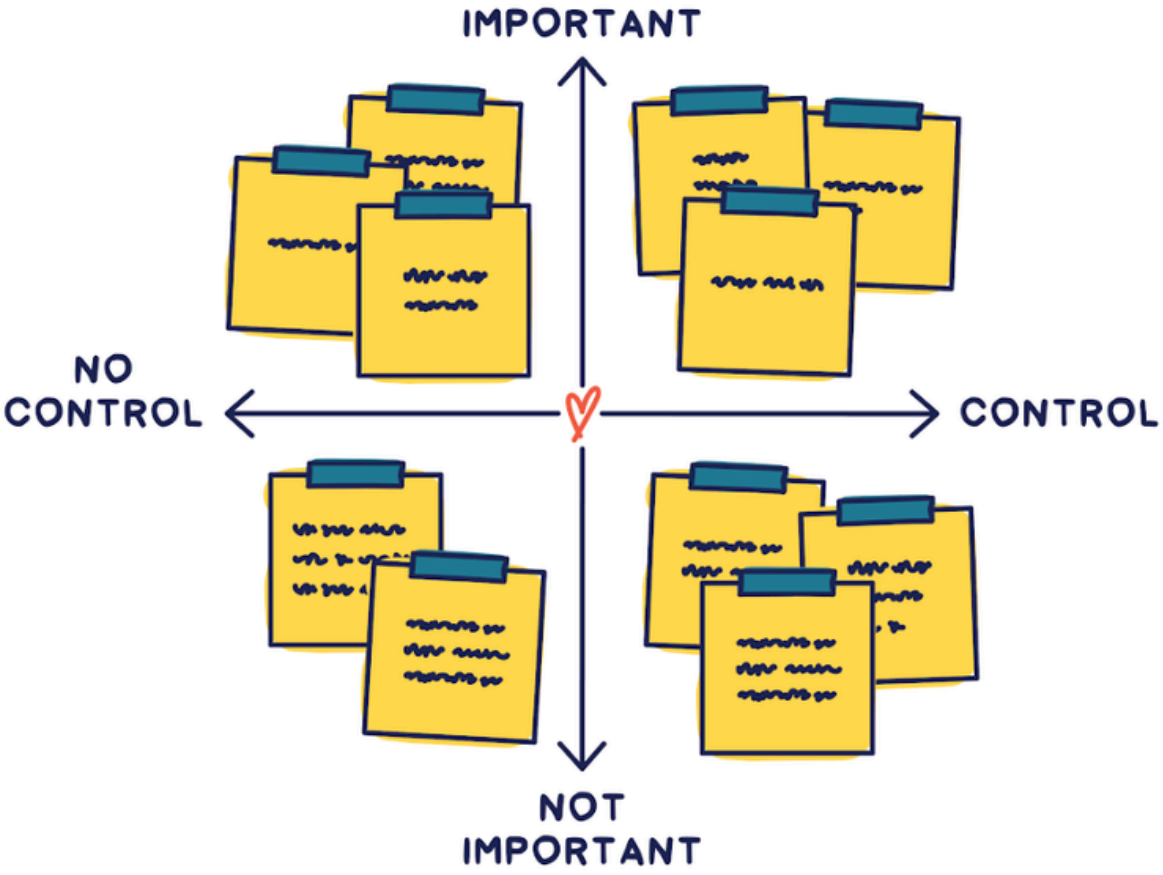
See Stress Differently

Write down your work-related stressors. Use one sticky note per stressor.

Ask two questions for each stressor:

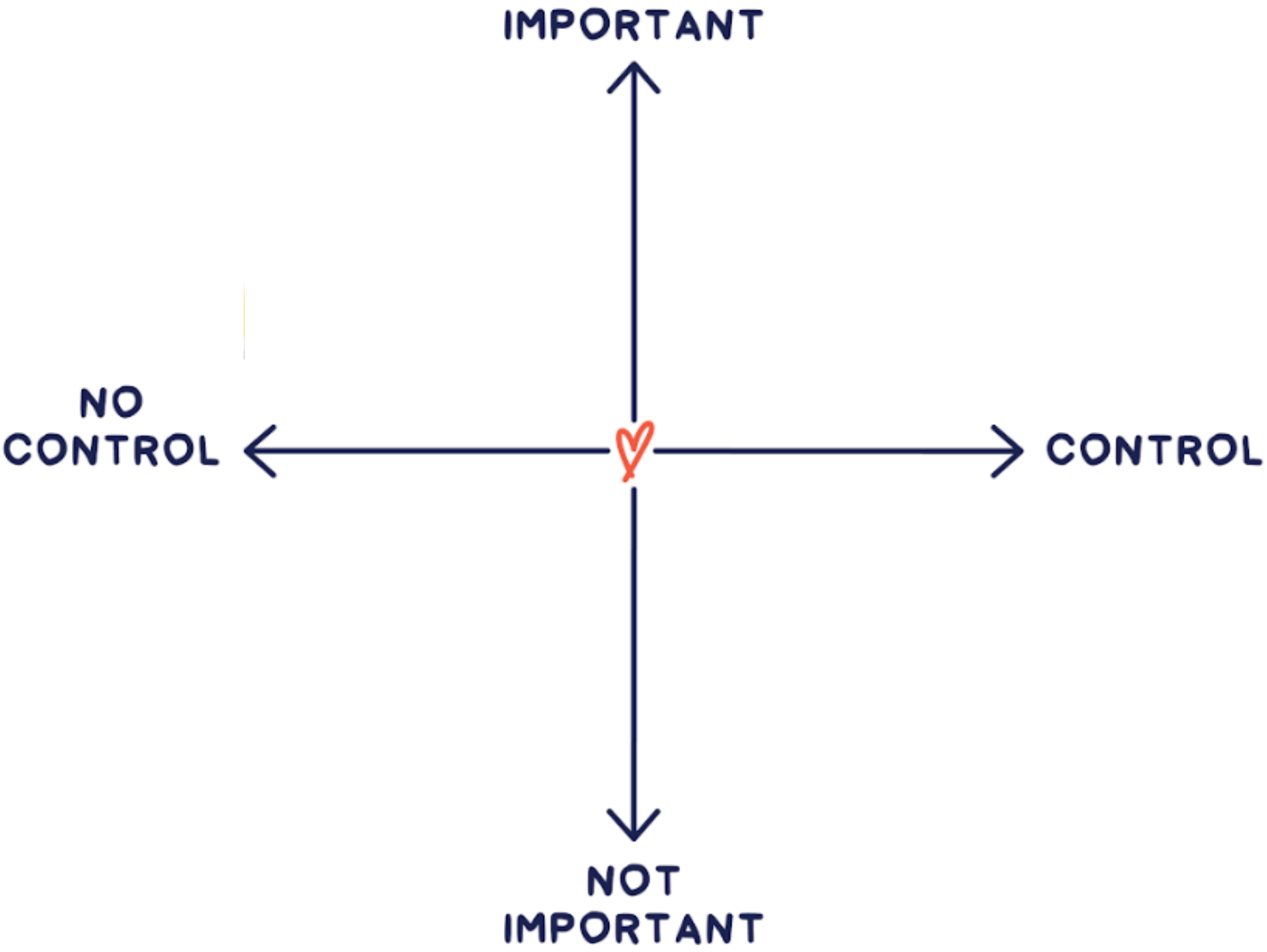
- Is this important right now?
- Is this within my control?

Place each sticky note in the correct quadrant.



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THE UN-STRESSING METHOD™

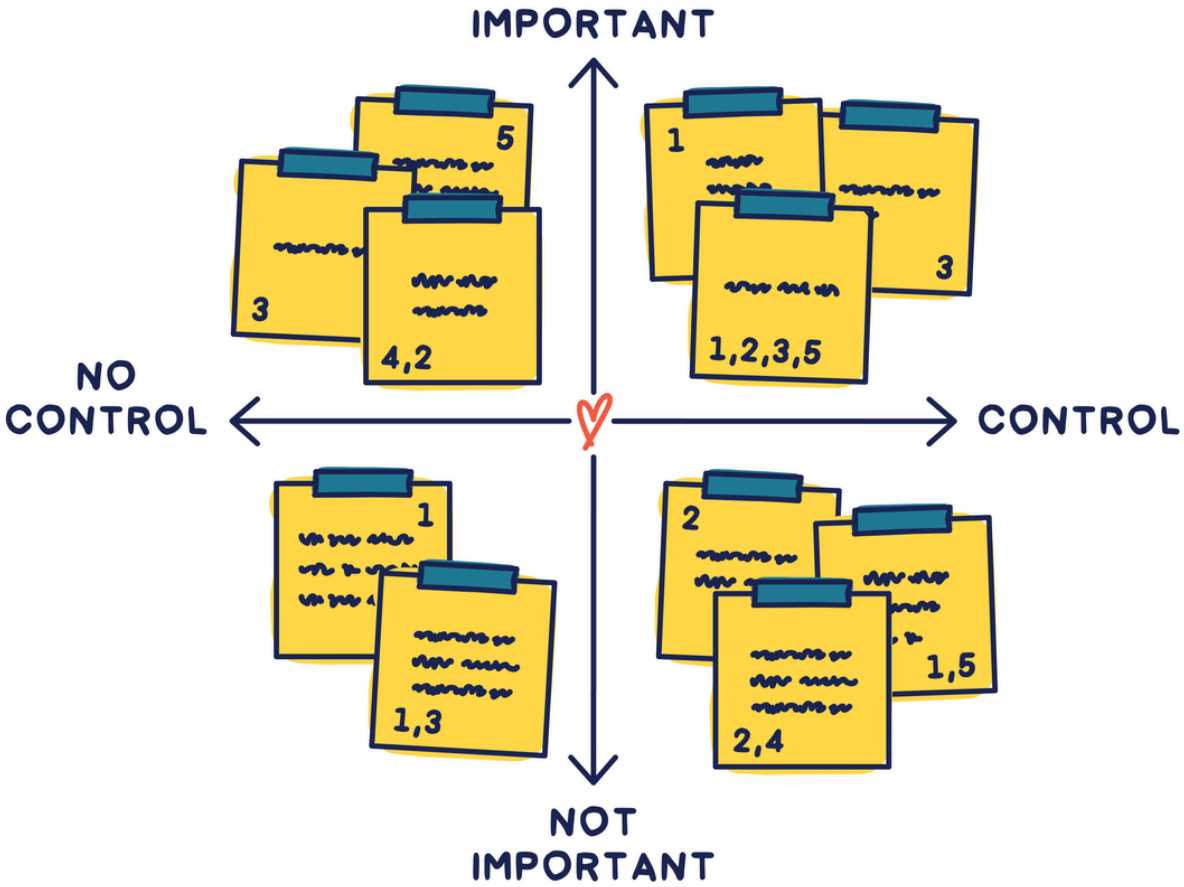


Step 2

Sort Stress Into Actionable Categories

For each sticky note, write the number(s) for its stress type(s).
See descriptions on next page.

1. Schedule Stress
2. Suspense Stress
3. Social Stress
4. Sudden Stress
5. System Stress



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Step 2 (cont.)

Sort Stress Into Actionable Categories

Types of Work Stress

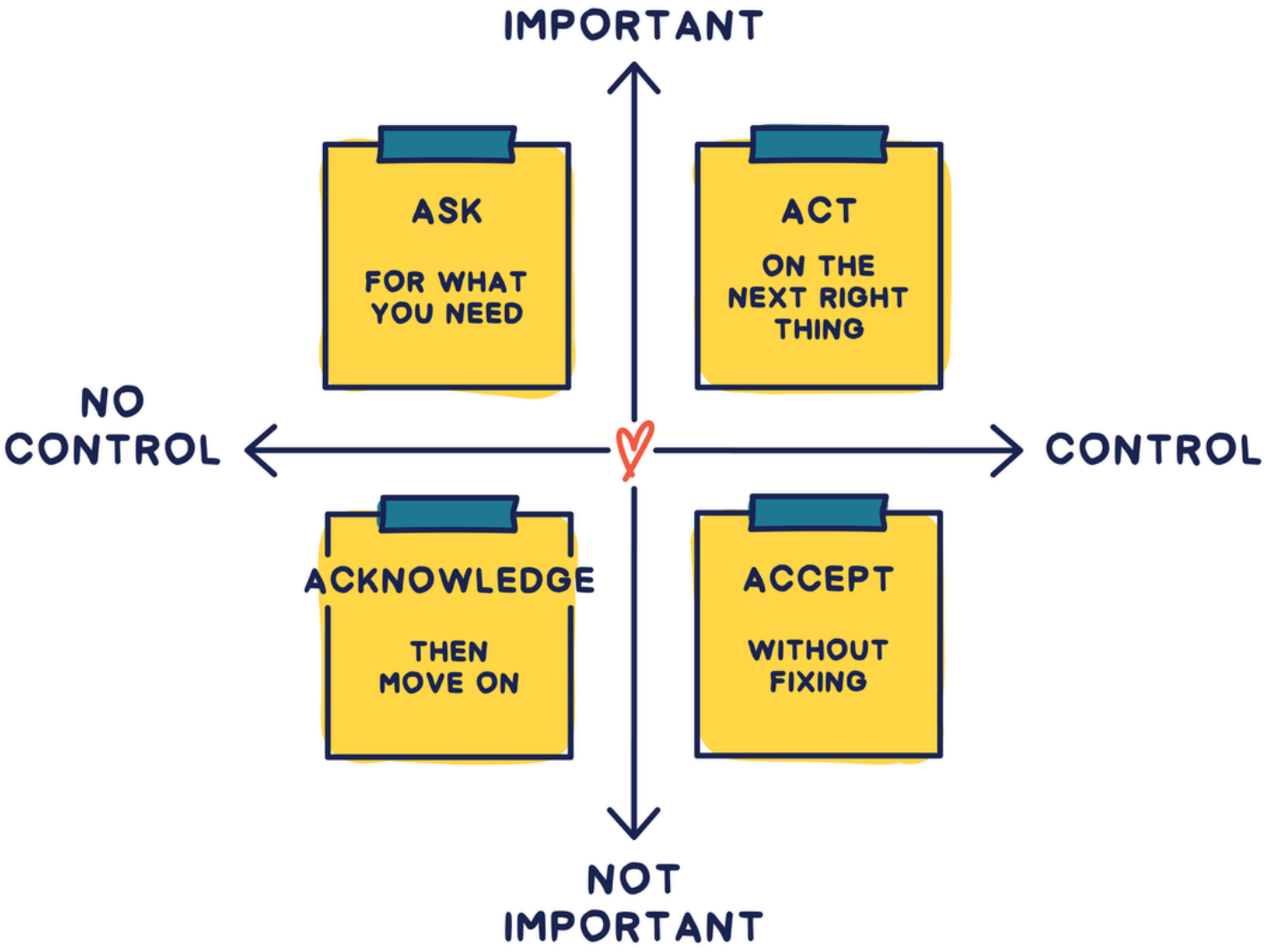
No.	Type of Stress	Description
1	**Schedule**	Stress from having too much to do and not enough time. Back-to- back meetings, endless commitments – you barely have a moment to breathe.
2	**Suspense**	Stress from waiting for what's uncertain or looming. The deadline, decision, or tough conversation isn't here yet, but the anticipation is already wearing on you.
3	**Social**	Stress from tension in relationships and team dynamics. You can feel it in the awkward silences, the unresolved conflict, and the energy it takes just to get through a meeting.
4	**Sudden**	Stress that arrives unannounced and demands a response. An urgent request, a last-minute change, or a full-blown emergency throws your day off course.
5	**System**	Stress from structures, processes, and culture. Unclear expectations, power imbalances, inequity, and inefficient processes that create stress across the organization.

Adapted from *Cheers to Monday: The Surprisingly Simple Method to Lead and Live with Less Stress and More Joy* by Amy Leneker. Published by Wiley. Copyright 2026
The first four types align with the work of Dr. Karl Albrecht, who, in 1979, identified four categories of stress in workplaces: time, anticipatory, encounter, and situational stress.

Step 3

Solve Stress Without Spinning

Use the matrix to inform your next move.



That's it! Any time you feel stressed and overwhelmed, you can revisit this method to un-stress again and again. Good luck!

Space For Notes

Contact

Amy Leneker
Amy@AmyLeneker.com
(360) 529-0290
AmyLeneker.com

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