

# CAVEMAN

## WELCOME TO THE STRESS EXPRESS



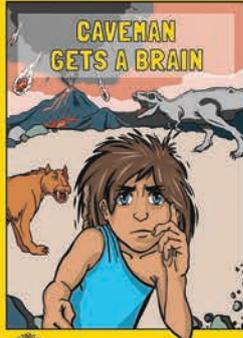
Queensland Government

evolve

THERAPEUTIC SERVICES



## BOOKS IN THE CAVEMAN SERIES

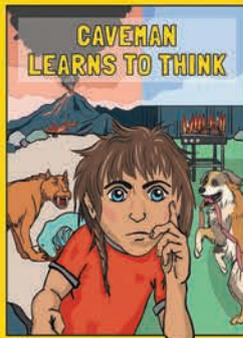


BOOK 1 evolve

### Book 1

Caveman needs to learn new things in order to fix his problems and survive.

*What can Caveman do?*

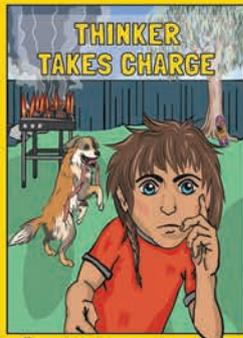


BOOK 2 evolve

### Book 2

Caveman and Thinker are each trying to protect the person.

*But what happens if Caveman is in control?*

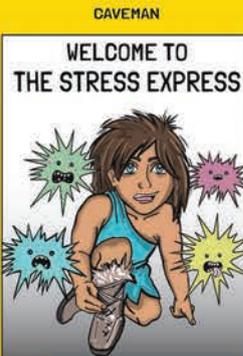


BOOK 3 evolve

### Book 3

Caveman and Thinker need to learn how to work together.

*Will Thinker learn how to take charge?*



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### The Stress Express - a workbook

*Learn how to check in with the different parts of your body, to learn about STRESS.*



**CAVEMAN**

**WELCOME TO  
THE STRESS EXPRESS**

# evolve

## THERAPEUTIC SERVICES

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# WELCOME TO THE STRESS EXPRESS

## CAVEMAN SERIES



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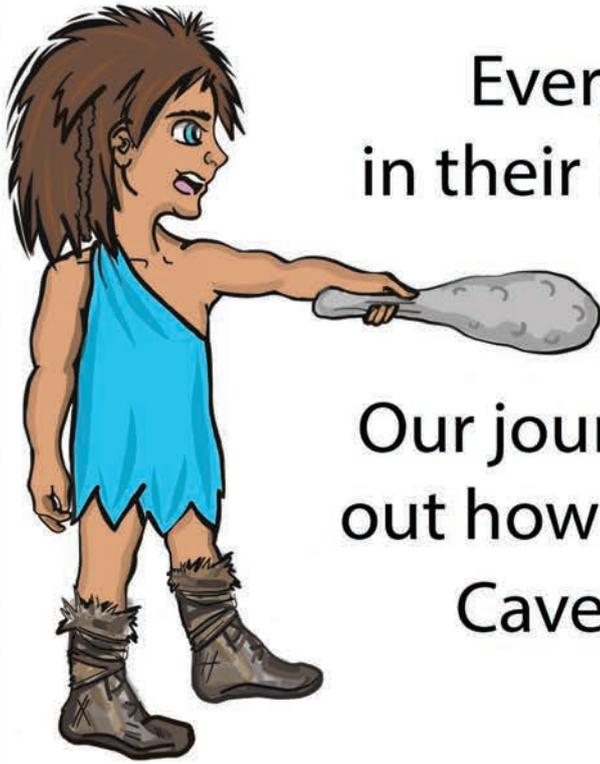


# *The* **STRESS EXPRESS**



*Today  
we are  
going on a  
**FASCINATING**  
adventure!*

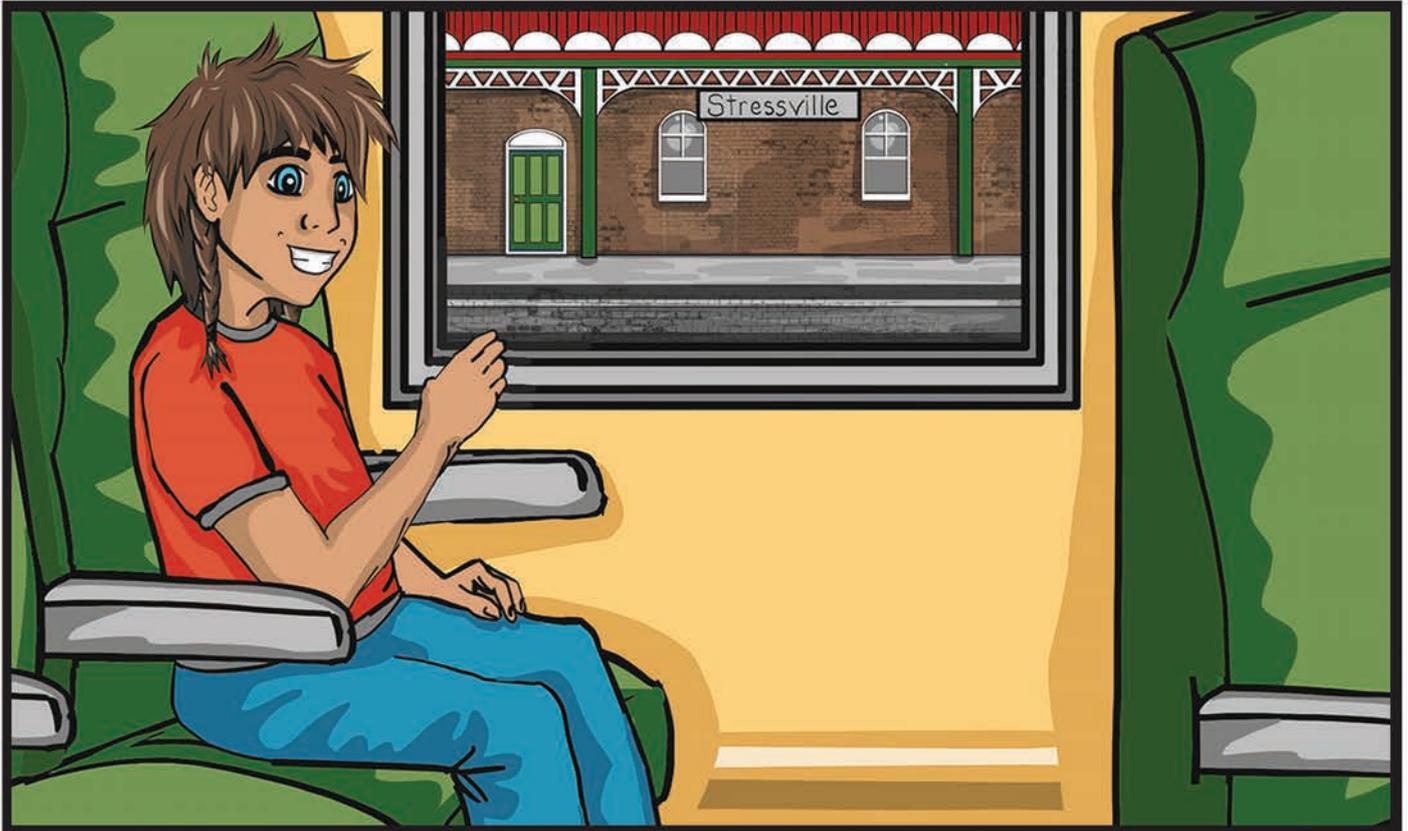
Caveman is the engine driver.  
He is taking us for a drive on the  
Stress Express to Stressville.  
Stressville is where you might go when  
you feel worried or out of control.



Everyone feels **STRESS**  
in their body in different ways.

Our journey will help you find  
out how your body feels stress.  
Caveman knows the way  
to go, BUT ...

**YOU CHOOSE**  
who gets on at each station.



*All aboard!*



**==THE STRESS EXPRESS==**

is getting ready to leave.

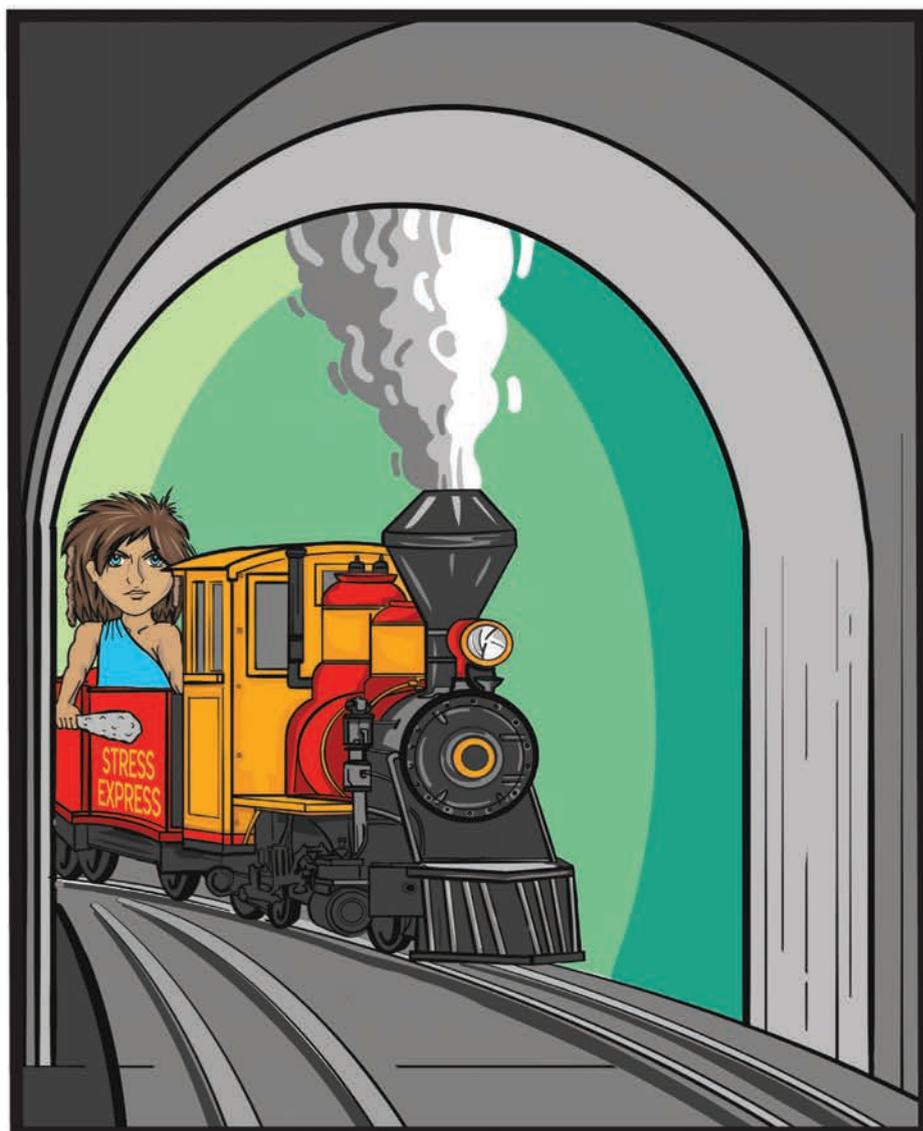
Caveman is taking you to all the parts of your body. He will show you what they might do when you are feeling **STRESSED.**

**HOLD ON TIGHT!**

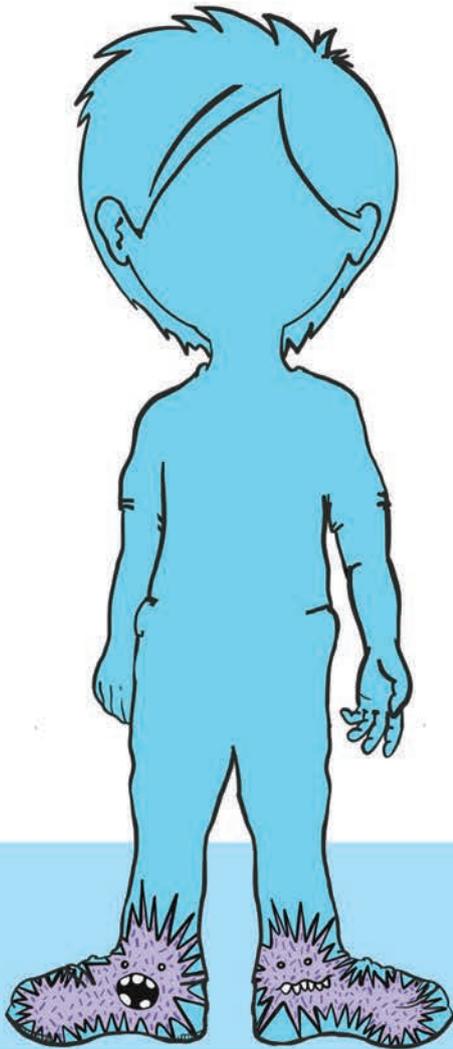
Just a few bumps and we are on our way.

Through the tunnel to our first stop -

**Grand Toe Station!**



# Welcome to GRAND TOE STATION



*First stop is  
GRAND TOE STATION.*

Are there any passengers for the Stress Express?



*The Toe  
Scruncher*



*The Foot  
Stomper*



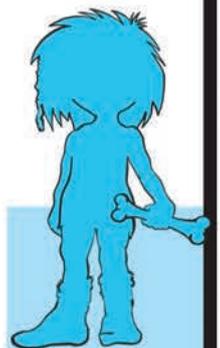
*The Kicking  
King*



*Tingling Toes*

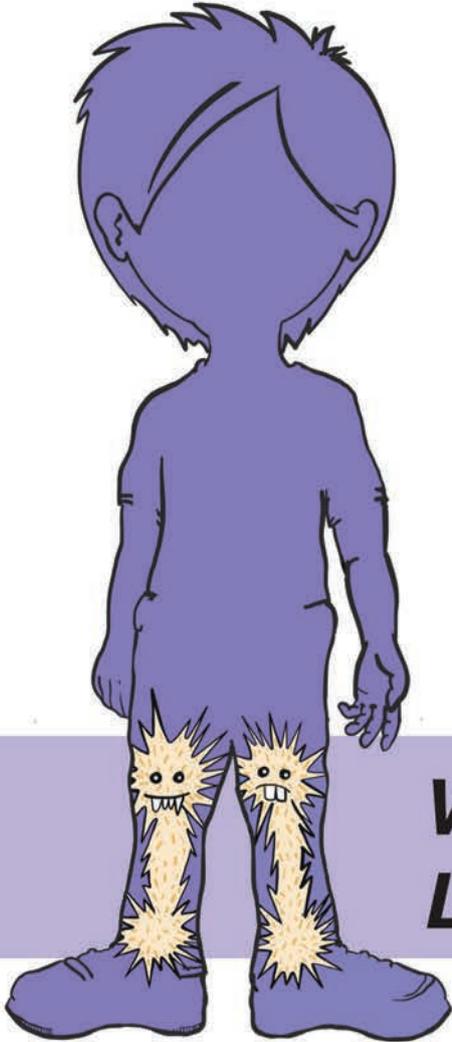


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# Next Station = LUCKY LEGS LANDING =



*We have arrived at  
Lucky Legs Landing.*

Which passengers are going with you to Stressville?



*Jelly Legs*



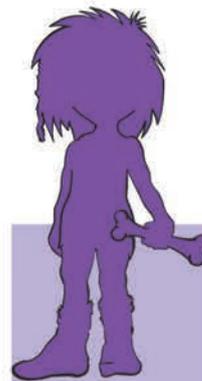
*The Runner*



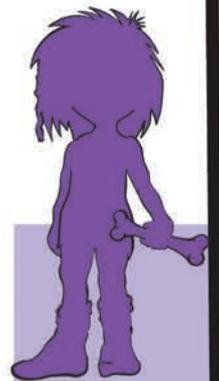
*The Jumper*



*The Leg  
Shaker*

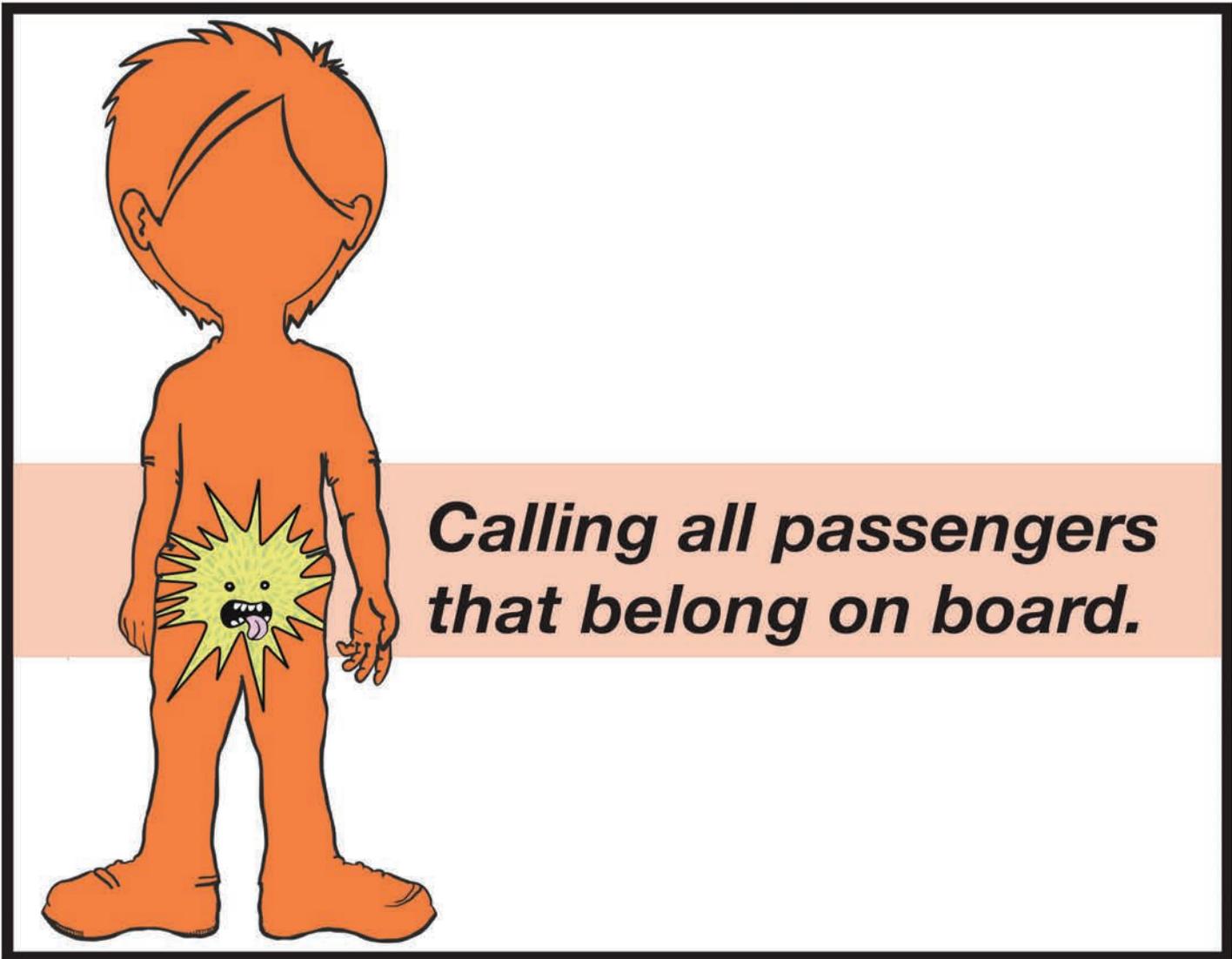


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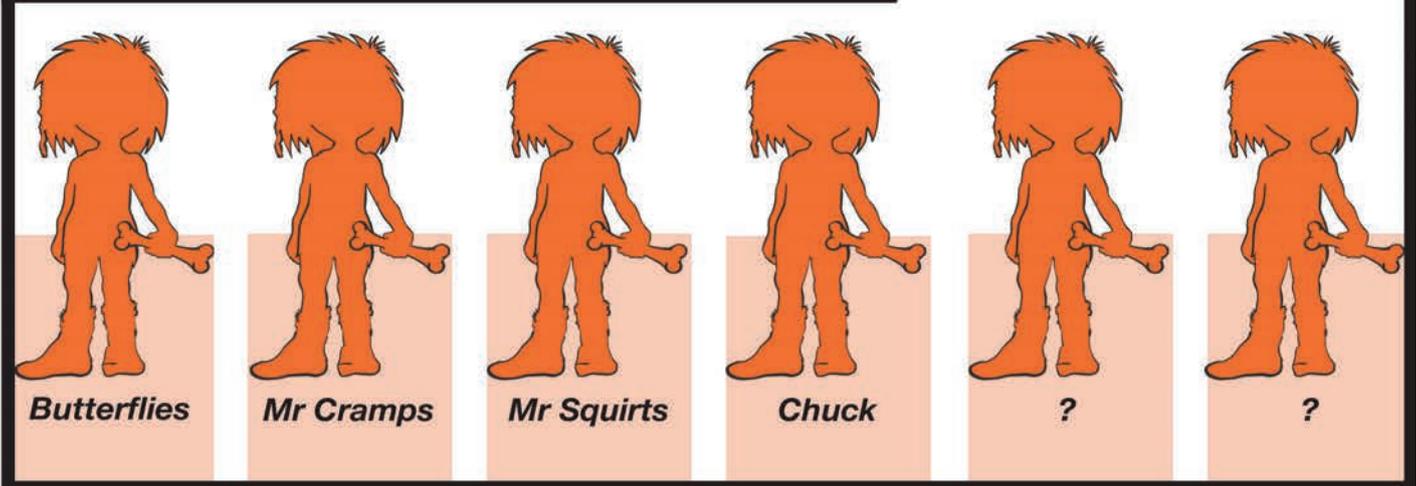


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# All aboard at = BELLY BUTTON RING =



Choose the passengers going on the Stress Express.



# Arriving at CENTRAL



**All aboard! We are bound for STRESSVILLE.**

Is anyone coming to STRESSVILLE?



**Tight Chest**



**Choker**



**Sore Heart**



**Loud & Fast Heartbeat**

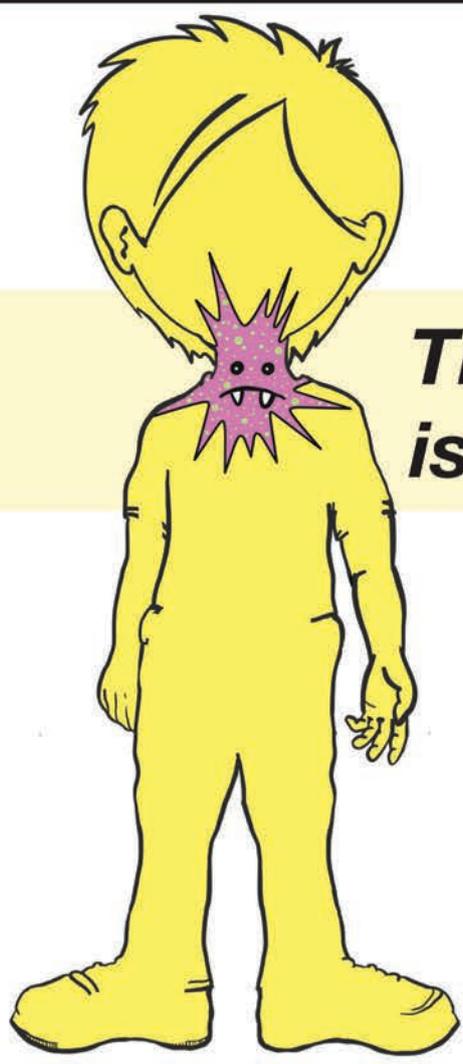


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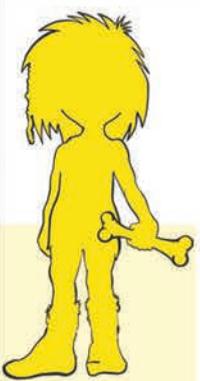
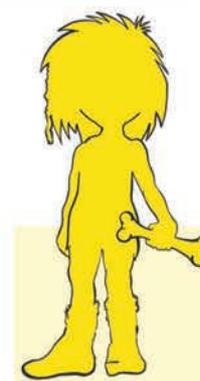
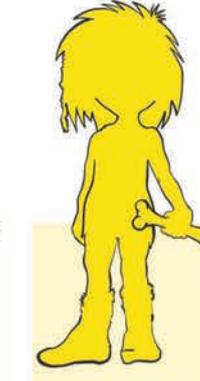
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# Here we are at =LONG NECK CONNECTION=

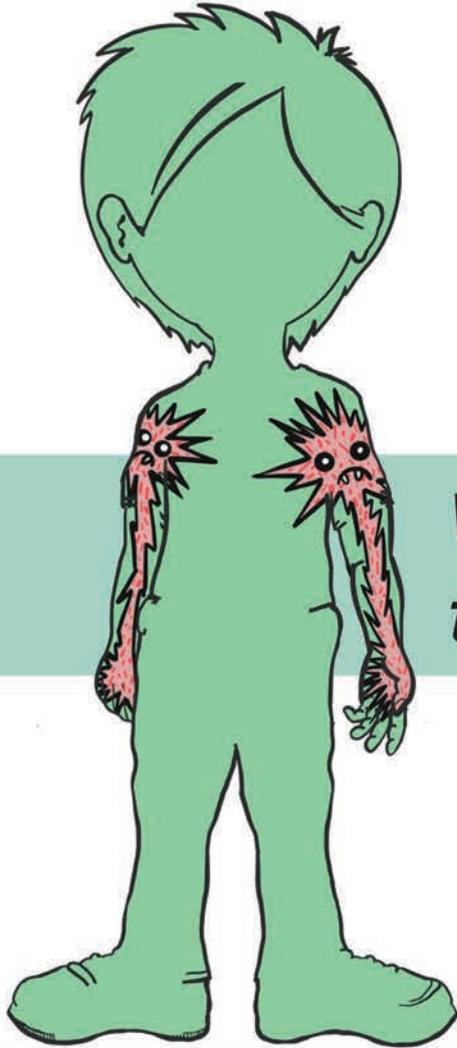


**The STRESS EXPRESS  
is nearly FULL.**

Who else is coming on the Stress Express?

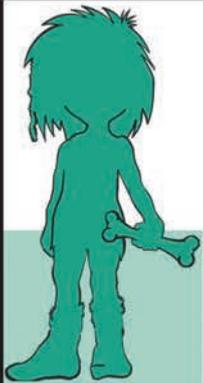
					
<b>Tight Neck</b>	<b>Lumpy Throat</b>	<b>Shaky Voice</b>	<b>Teeth Grinder</b>	<b>Jaw Cruncher</b>	<b>?</b>

# Now stopping at =UPPER BODY JUNCTION=

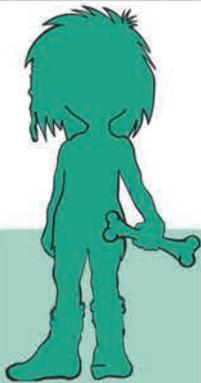


**Who needs a ride  
to STRESSVILLE?**

Who will you pick up for STRESSVILLE?



**Tight Fists**



**Punching  
Arms**



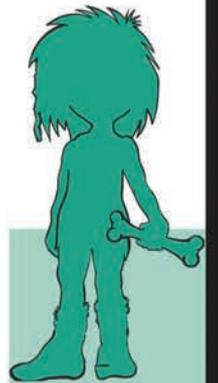
**Curly  
Fingers**



**Pointer**

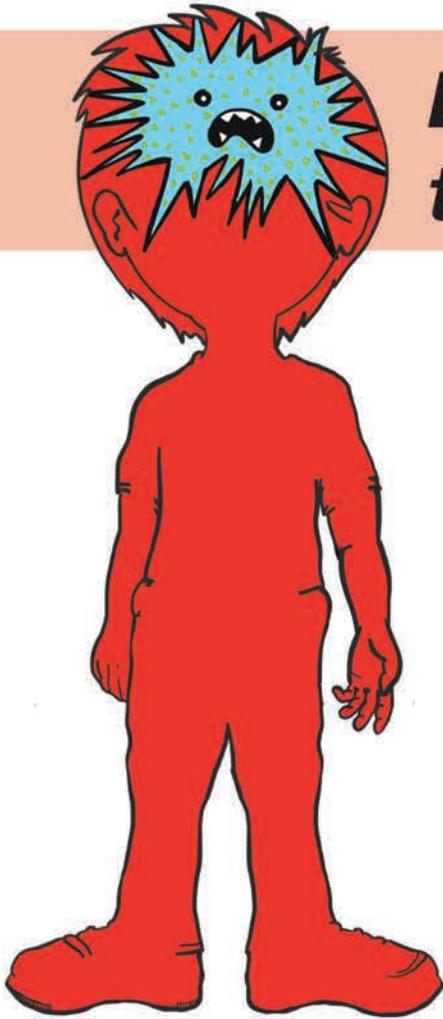


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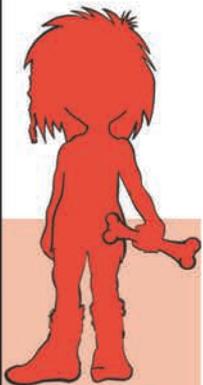
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# Last Station HEAD QUARTERS

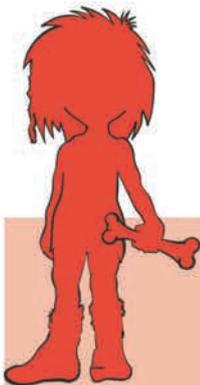


**End of the line -  
this is STRESSVILLE!**

Choose the final passengers for STRESSVILLE!



**Thumper**



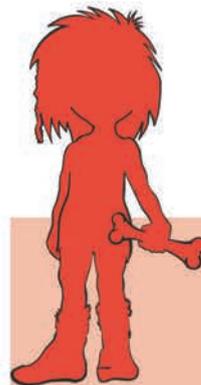
**Head  
Pounder**



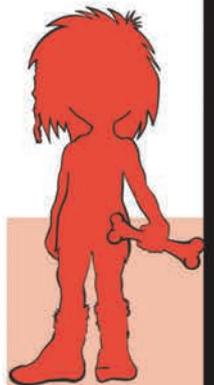
**Fuzzy  
Head**



**The  
Squinter**



**Talking  
Head**



**?**

# Welcome to STRESSVILLE



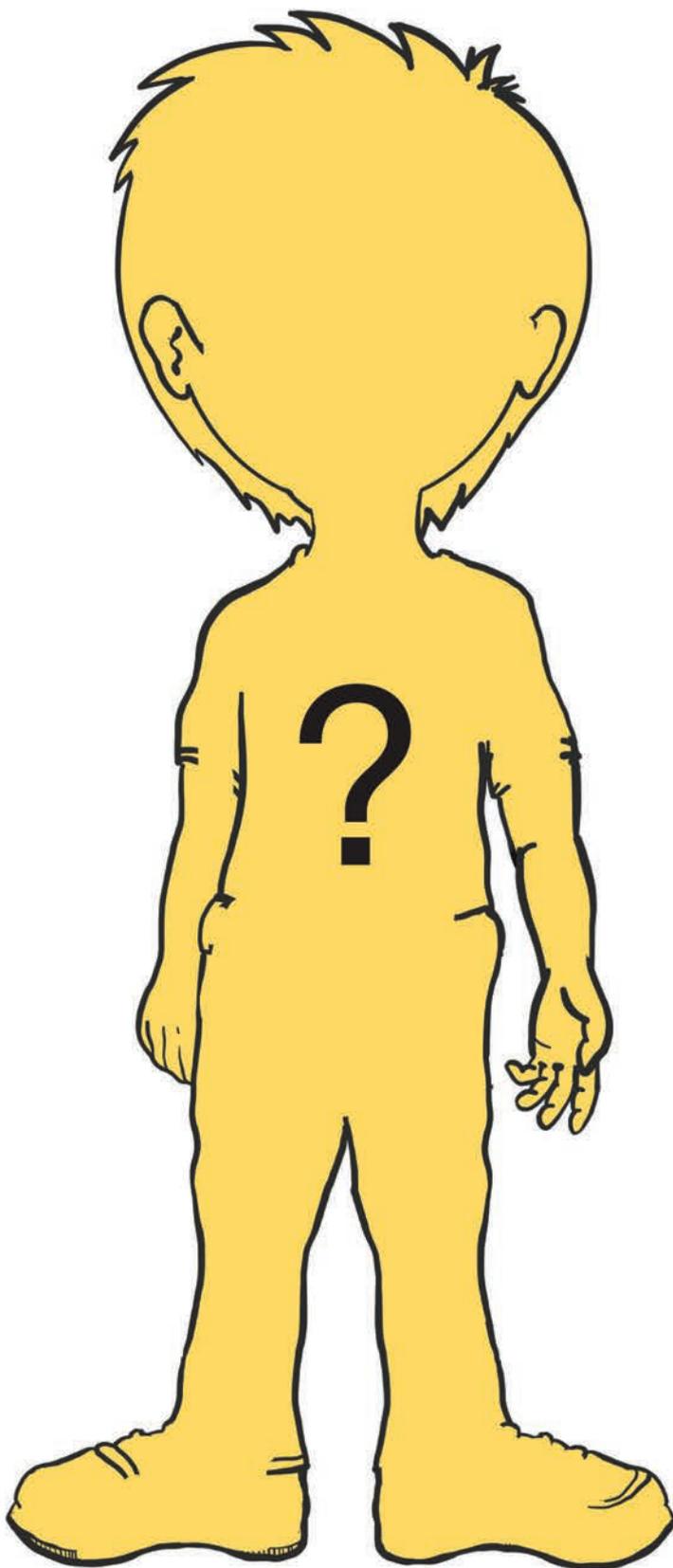
We have arrived at STRESSVILLE.

Who did you choose to get on  
the Stress Express?





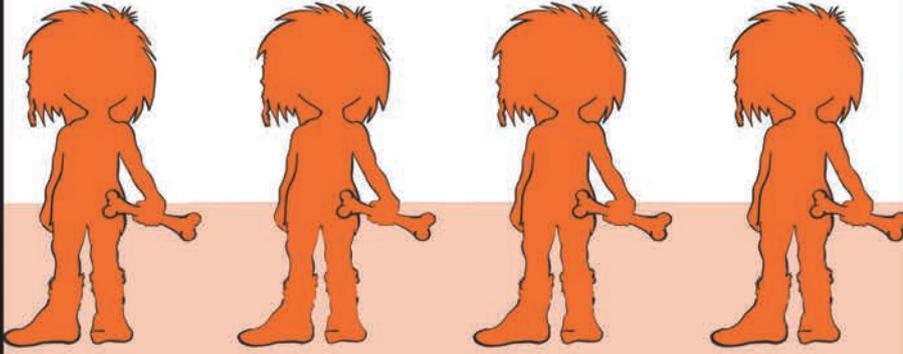
**Let's make sure**



# LAST CALL



## BELLY BUTTON RING



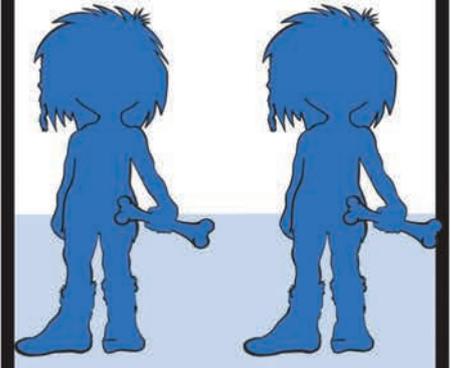
*Butterflies*

*Mr Cramps*

*Mr Squirts*

*Chuck*

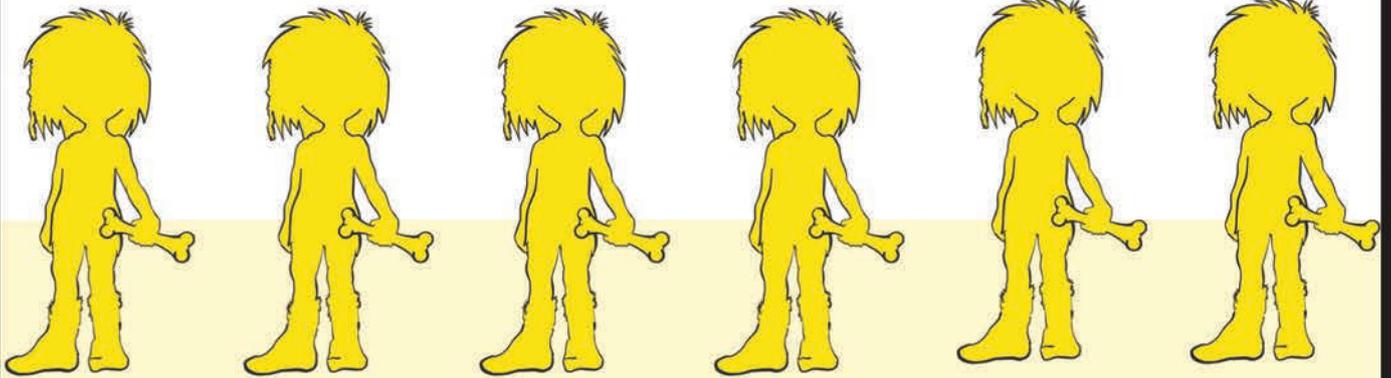
## CENTRAL



*Tight Chest*

*Choker*

## LONG NECK CONNECTION



*Tight Neck*

*Lumpy  
Throat*

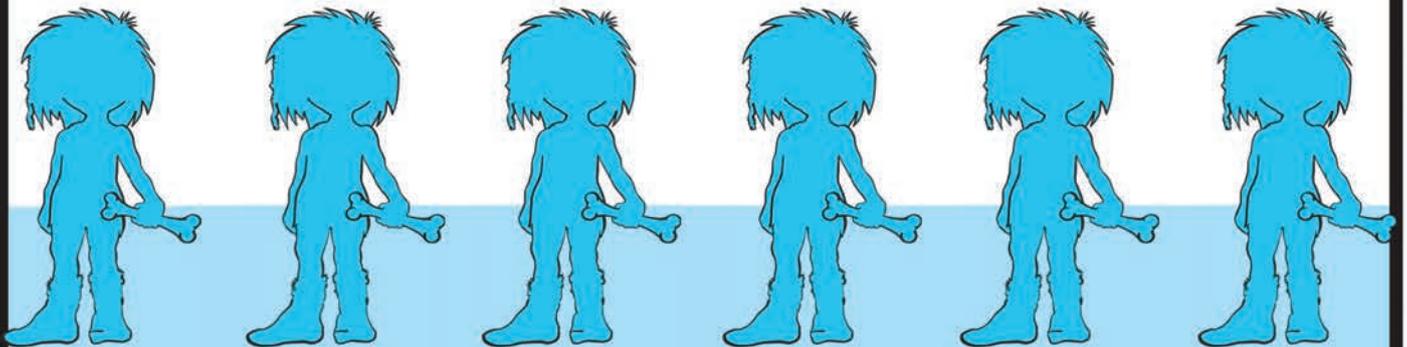
*Shaky Voice*

*Teeth  
Grinder*

*Jaw  
Cruncher*

?

## GRAND TOE STATION



*The Toe  
Scruncher*

*The Foot  
Stomper*

*The Kicking  
King*

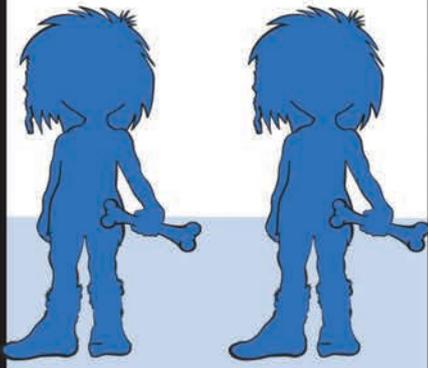
*Tingling Toes*

?

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# Have we left anyone behind?

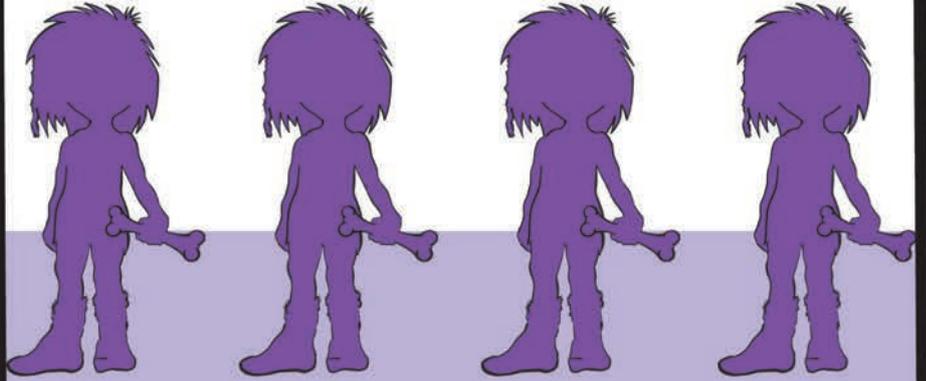
## CENTRAL



*Sore Heart*

*Loud & Fast Heartbeat*

## LUCKY LEGS LANDING



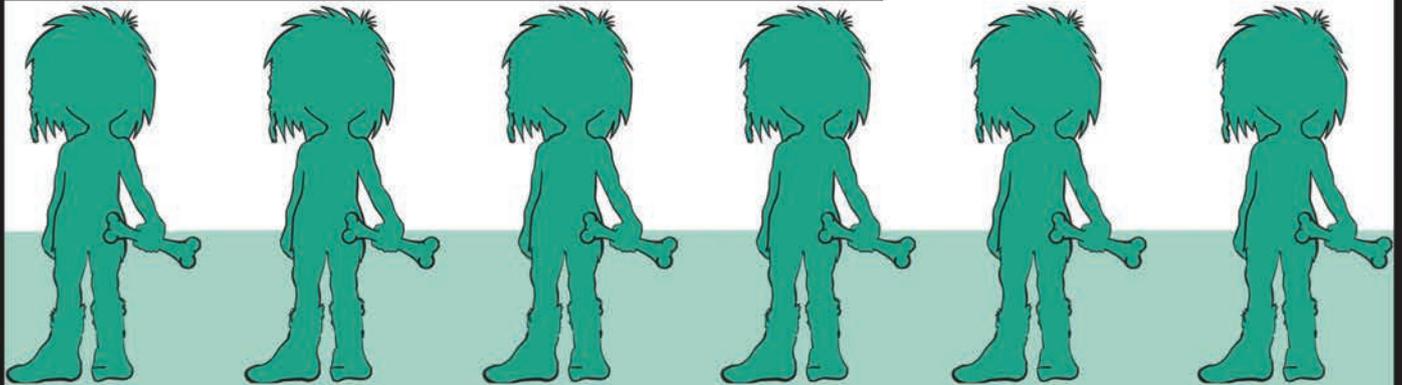
*Jelly Legs*

*The Runner*

*The Jumper*

*The Leg Shaker*

## UPPER BODY JUNCTION



*Tight Fists*

*Punching Arms*

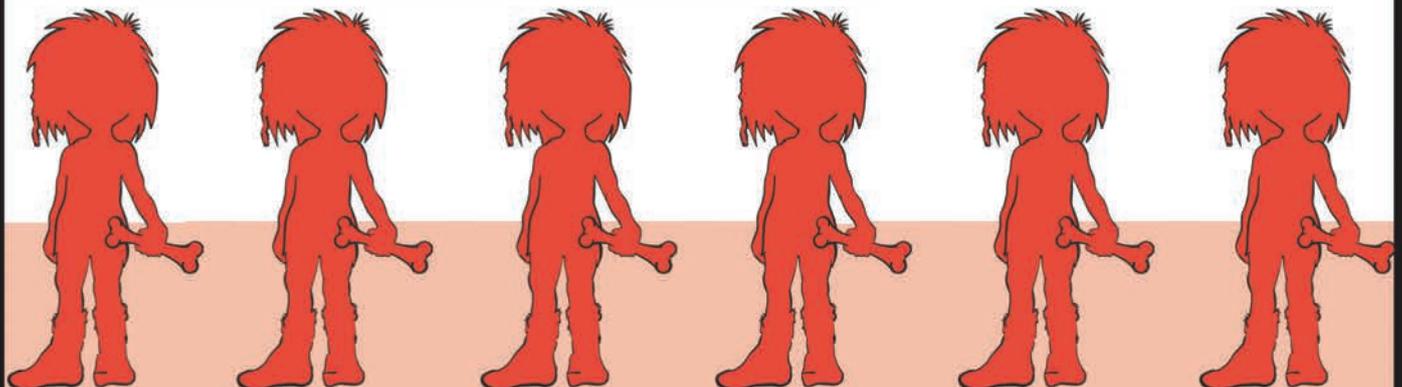
*Curly Fingers*

*Pointer*

?

?

## HEAD QUARTERS



*Thumper*

*Head Pounder*

*Fuzzy Head*

*The Squinter*

*Talking Head*

?

# = THE STRESS EXPRESS =



We are at the end of our adventure.  
You have visited all the parts of your  
body to find out how they feel stress.

**WELL DONE!**

**The Stress Express** is a workbook in the form of a train journey. It was written for young people to build their understanding about how stress affects the body. The workbook takes them through each part of their body. It links body sensations to words describing the feeling. The young person can choose one of the descriptions or find their own word to describe the feeling.

The workbook helps young people who are feeling stress and worry by:

1. Understanding that other people feel stress too. People experience stress and worry in different ways in different parts of the body. These reactions are normal, they are all okay.
2. Finding the words to talk about their own body feelings. When young people use good descriptions of their stress feelings, it helps carers respond in a helpful way.

The workbook is the first step for young people learning how to manage their feelings. They first learn how to notice their body feelings. Then they learn about the link between stress or worry and how their body feels. This paves the way for learning strategies to manage stress in the future. The final step is about the young person learning to accept themselves.

**The Stress Express** gives a support person or therapist the opportunity to begin a conversation with young people about stress. The authors recommend readers work through each part of the train journey around the body and wonder about each body part and how it might feel. At times readers may link the sensations to what others say they feel. Encourage young people to choose their own words to describe their experience of stress and worry.



Together the reader and young person build a full-body picture of how stress and worry make them feel. Ask the young person's permission to share the information with others who need to know. The workbook belongs to the young person and readers can support his or her use of it to help their conversation with others.



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