



Journaling for

Stress Management

What stressful circumstance are you currently facing? If you had a friend in the same situation, what advice would you give them?

In what ways are you letting your circumstances determine your stress levels? What 3 things can you do to take charge of how you feel?

Think of a problem you've had this week. How did you handle it? Brainstorm other solutions that also could've worked ?

Have you recently made a mistake and get upset with yourself? What can you say to yourself to replace beating yourself up with self-compassion?

Think of one thing you're scared to do. Even though you know you have to do it. How would you encourage someone else to overcome that fear?

Are you holding a grudge against someone? What do you need to do to forgive and forget?

Write down 3 ways you can be kinder and more understanding towards yourself.

What is one thing you can remove from your daily schedule to make room for a self-care activity?

