

Journal Prompts to Help Relieve Stress

The next time you feel your anxious, stressed or scattered, set aside a few minutes of journaling time. Kickstart your pen with one of these quick journal prompts, and return to your day more focused and relaxed.

1. Do a worry purge in the pages of your journal. Without stopping, write down everything that is churning around in your mind. Once it is out of your head, give yourself permission to leave it in your journal and come back to it later with a clearer head.
2. Finish the sentence, "Right now, I am..." Then finish the sentence, "I want to be..."
3. Write a list of the day's accomplishments and victories, no matter how small. Celebrate each one individually.
4. Sit quietly for a few minutes, just breathing and listening to your body, before you start journaling. What is it telling you? Where do you feel strong, healthy, energetic, relaxed? Where do you feel tense, worried, uncomfortable, tired? What is asking for more attention?
5. Have a heart-to-heart talk with your inner critic. If she has been extra vocal today, take this opportunity to dismiss her opinions and tell her to hit the road. If he has been telling you all the things you are doing wrong, reply with all the things you are doing right.
6. Pick a single positive word that you want to focus on today – such as *joy*, *gratitude*, *love* or *courage*. Journal about all the ways you have experienced this word lately and all the ways you want to.
7. Choose one problem that has been causing you anxiety lately, and ask yourself questions about it, the way a close friend would. Ask supportive and encouraging questions, and answer them with complete honesty. Try looking at the situation from new angles, and be open to possible solutions that come up.
8. Journal about a habit or activity you do that improves your mood or stress level without fail. Describe how you transform when you are engaged in this practice. How do you feel? How can you do this more often?
9. Tell a story in which you made a positive difference in someone's life. How did you change them for the better? How did it change you? What does this reflect about you as a person?

10. Think about how you would spend a day doing only the things that make you feel excited, happy, engaged or fulfilled. Free-write a list of everything you would include in this day, from the time you wake up until you head to bed at night. Reread your list and choose at least one item to incorporate into your schedule today.
11. How do you want to feel when you wake up in the morning?
12. List five good things about today.
13. Did you feel stressed or anxious today? If so, what triggered that feeling, and what did you do to overcome it?
14. What is one adjustment you would like to make to your morning routine?
15. What is one adjustment you would like to make to your nighttime routine?
16. What is one thing you need to let go of?
17. Make a list of twenty things that make you happy.
18. Write down the lyrics to a song that makes you happy. What is it about this song that makes you feel this way?
19. What is one place you would love to travel to and why?
20. Have you been exercising patience with others? If not, how can you?
21. What is a new skill that you would like to earn and how can you learn it?
22. What is one long-term goal you wish to work towards?
23. Draw a picture of something that makes you happy. Write about the picture.
24. What steps have you taken towards a goal of yours (short or long-term)? If you haven't taken any, what steps could you be taking to work towards it?
25. What is one thing you are scared to do, and how can you overcome it?

26. How can I be more mindful of others?
27. Was today a difficult day? If so, what made it difficult and what can you do to prevent from having days like this in the future?
28. What is one problem you had today, and what was your solution to this problem? Was is the best way you could have handled it?
29. Are you taking time to care for yourself? Do you allow yourself time to relax and breathe? If the answer is no, what can you do to give yourself this time?
30. Think about a past mistake you made. What did you learn from the experience and how can it be applied to your future?
31. Write about something that you are scared of.
32. Write a letter to your future self.

I hope these prompts can help you. Happy journaling!

<https://www.createwritenow.com/journal-writing-blog/10-quick-journal-prompts-to-calm-your-mind>

<https://www.theodysseyonline.com/journal-prompts-anxiety>