

# Stress Reduction

## Journaling Prompts

### **Prompts that help you get your mind off your current stressors.**

Reminding you of things that make you happy.

- Imagine your happy place (real or imaginary), describe it in as much detail as possible. What are you doing? How do you feel there?
- what are 3 everyday items that bring you the most joy?
- If someone described me, what would they say?
- Write about little victories you made today, such as getting up on time, impressing someone important, or making progress on a project.
- What about today made you smile?
- What is the best gift you ever received?
- Write about a random act of kindness you experienced or witnessed.
- Who are you most grateful for? what are their best qualities?
- Write about a favorite memory in as much detail as you can remember.

Try one of these prompts to speak your mind, release stress or escape.

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## Journaling Prompts

### **Prompts that help you process how you are feeling in the moment.**

Helping getting out frustration and leaving the stress on the page.

- Write about what is stressing you write now, what are 3 things you can do to help change that?
- What are three self-defeating thoughts that show up in your self-talk? How can you reframe them to encourage yourself instead?
- Which emotions do you find hardest to accept (guilt, anger, disappointment, etc.)? How do you handle these emotions?
- List three obstacles lying in the way of your contentment or happiness. Then, list two potential solutions to begin overcoming each obstacle.
- Which emotions do you find hardest to accept (guilt, anger, disappointment, etc.)? How do you handle these emotions?
- What kinds of activities take up most of your time? Are you happy about that? If not, what could you give up to gain back 30 minutes?
- What is making you anxious? Do not worry about making complete sentences, juts let it flow onto the paper.

Try one of these prompts to speak your mind, release stress or escape.