

# Journal Prompts to Cope with Stress

Write down all the thoughts that are spinning in your head today. Once you've written them on paper, give yourself permission to set the worries aside for a while and come back to journaling later on.

The things that help me the most right now are...

A few things I can do for self-nourishment are..

What words can I use to empower myself?

What are three things that are going well for me now? Make a list of small wins.

Think about an activity, or a hobby you do that makes you feel expansive and lifts your mood. Describe how it makes you feel. Think about ways you can do this activity more often.

Find a comfortable seated position and breathe for a few moments. Notice which parts feel open and relaxed, and which ones feel tense. Write down the physical sensations you noticed. How can you let go of the tension you feel?